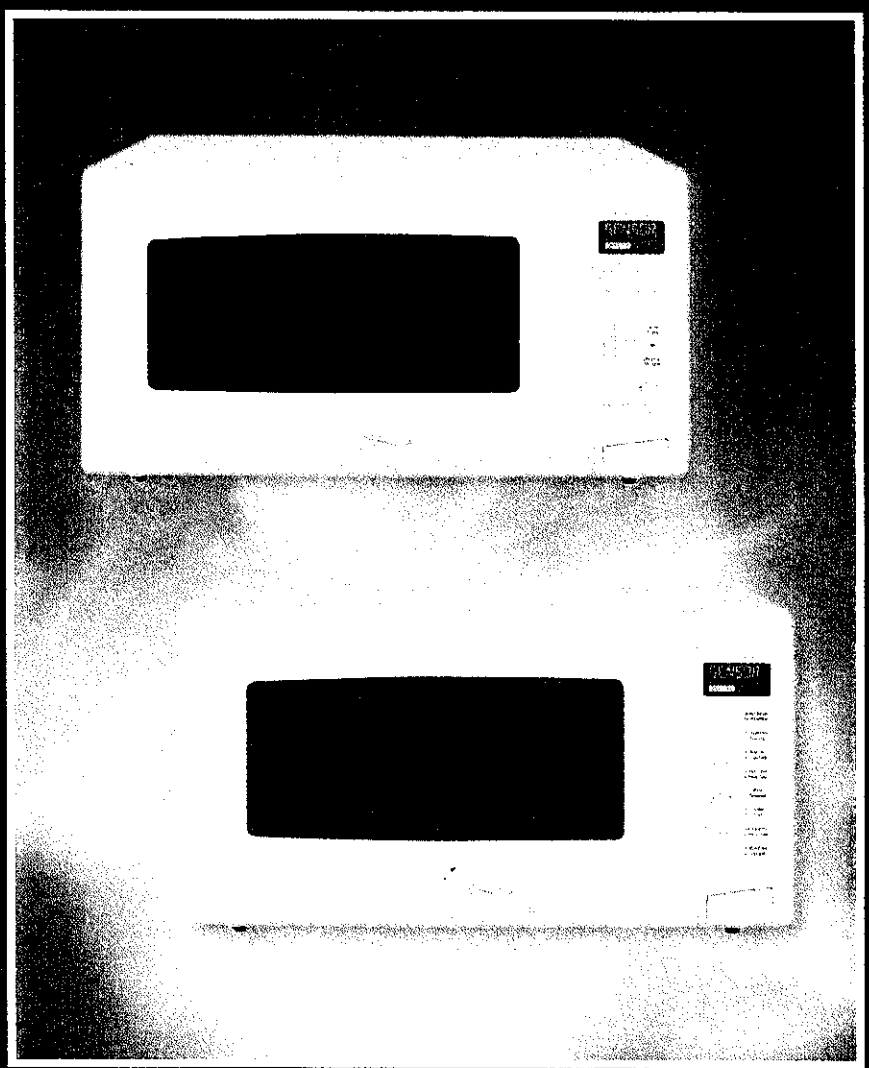
Panasonic

Operation Guide

Microwave Oven

INVERTER
SYSTEM INSIDE



Model Numbers:

NN-S782 / NN-S752

We are glad you have chosen to purchase a PANASONIC microwave oven. Before operating this oven, please read these instructions carefully and completely, and keep them for further reference.

If you have only used a microwave oven for reheating and defrosting, with Panasonic's Inverter Technology you can be reassured of excellent results when cooking a variety of foods, as the 'soft' penetration of microwave energy to the centre of food helps prevent over cooking on edges and surfaces. Foods can now be gently simmered without the concern of boil over.

After reading the introductory chapter, I am sure you will be able to master the basic techniques and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts. After trying our recipes be sure to adapt your favourite recipes to microwave methods.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave oven.

Consultant Home Economists
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The serial number of this product may be found on the left side of the control panel. You should note the model number and serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

MODEL NUMBER _____

SERIAL NUMBER _____

DATE OF PURCHASE _____

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Safety Instructions

Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE. A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The door fits squarely and securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS. Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g., fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. The appliance is not intended for use by young children or infirm persons without supervision.
11. Young children should be supervised to ensure that they do not play with the appliance.

Important Instructions

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven if it is not working properly or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cavity:
   (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
   (b) Remove wire twist-ties from bags before placing bag in oven.
   (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

WARNING—Improper use of the earthing plug can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRICAL INDUSTRIAL CO.,LTD.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement applicable only to South Africa)

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair services.
c) If the supply cord of this appliance is damaged, it must be replaced by a qualified service technician with the special cord available only from the manufacturer.
d) Before use, the user should check that utensils are suitable for use in microwave ovens.
e) Liquids or other foods must not be heated in sealed containers since they are liable to explode.
f) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If smoke is observed, press the ***STOP/RESET*** Pad and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike the Control Panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the Glass Tray. The GlassTray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
11. Look at the oven from time to time when food is heated or cooked in disposal containers of plastic, paper or other combustible materials, as these types of containers ignite if overheated.

Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 15 cm of space on the top of the oven, 10 cm at the back, and 5 cm on both sides. If one side of the oven is placed flush to wall, the other side or top must not be blocked. Do not remove feet.**
   a. Do not block air vents. If they are blocked during operation, the oven may be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Also should allow space on back and both sides of oven properly.
   b. Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
   c. Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. This oven may be built into a wall cabinet, if desired. This microwave oven is designed and approved for use only with a genuine Panasonic trim kit for Model number listed in the operating instructions (page 19). Installation with any other trim kit may void the warranty.

Circuits

Your microwave oven should be operated on a separate 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell and whole hard-boiled eggs (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages, in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and halfway through cooking time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).
From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.
Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.
When microwaves come in contact with a substance, any one or combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:
Metal substances REFLECT microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission:
Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption:
Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensil Guide

It is important to use the correct container when cooking in a microwave oven. The following will help you make the right selection.

How to Test a Container for Safe Microwave Oven Use

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a 1-cup glass measure with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at P10**. If the container is microwave oven-safe (transparent to microwave energy), the container should remain comfortably cool, the water in glass measure should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap
Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

Several types of glassware and dinnerware are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Cookware and Utensil Guide *(continued)*

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on **P10** power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).

DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.

Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns.

Loosen plastic but let dish stand, covered.

Browning Dishes

Browning dishes are used to sear chops, meat patties, steaks, etc.. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturer's directions. Add food to be seared and heat according to recipe or personal preference.

Use pot holders to remove the dish from the microwave oven. Do not use the browning dish on or in a conventional stove.

Remember:

Food can be covered with a loose sheet of absorbent towel to prevent splattering. Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.

Note:

Browning dishes may no longer be available. This information is being supplied to assist people who own browning dishes.

Metal

Metal cookware or utensils, or those with metallic trim, should NOT be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing."

Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used in the microwave oven. Frozen dinner trays can be used in the microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.

Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.

Jars and Bottles

Jars and bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

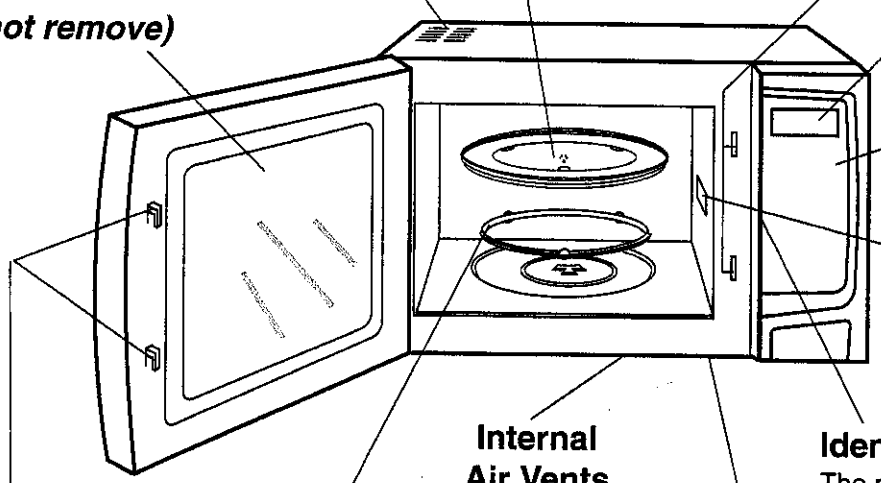
Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Feature Diagram

Glass Tray

1. Do not operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute another Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensil on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.
6. Glass Tray can rotate in either direction.



External Air Vents

Door Safety Lock System

Oven Window with Vapor Barrier Film *(do not remove)*

Display Window

Control Panel

Cover (do not remove)

Internal Air Vents

Identification Plate
The model number and serial number are displayed here

Door Safety Lock System

External Air Vents

Door Release Button
Press to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and **Start** Pad is pressed. The oven light will stay on or turn on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

Roller Ring

1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. The Roller Ring must always be used together with the Glass Tray for cooking.

Control Panels

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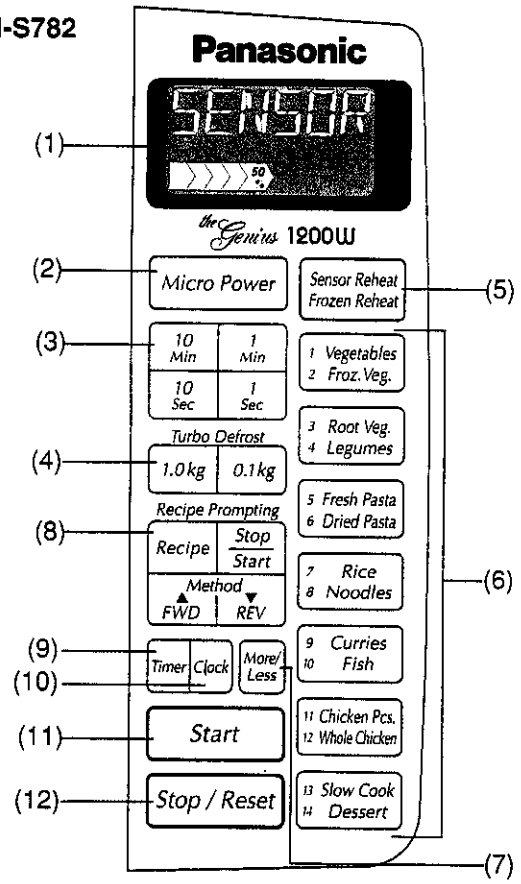

CONTROL PANELS

(1) **Display Window**
(2) ***Micro Power* Pad (pg. 8)**
(3) **Time Pads**
(4) ***Turbo Defrost* Pad (pg. 10)**
(5) ***Sensor Reheat* Pad (pg. 15)**
(6) ***Sensor Cook* Pads (pg. 14-15)**
(7) ***More/Less* Pad (pg. 14)**
(8) ***Recipe prompting* Pads (pg. 16-17)**
(9) ***Timer* Pad (pg. 12)**
(10) ***Clock* Pad (pg. 9)**
(11) ***Start* Pad**

One tap allows oven to begin functioning. If door is opened or ***Stop/Reset*** Pad is pressed once during oven operation, ***Start*** Pad must again be pressed to restart oven.

(12) ***Stop/Reset* Pad**

Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in the Display Window.

(13) ***Auto Reheat* Pad (pg. 13)**
(14) ***Auto Cook* Pad (pg. 13)**
(15) ***Serving/Weight* Pad (pg. 13)**

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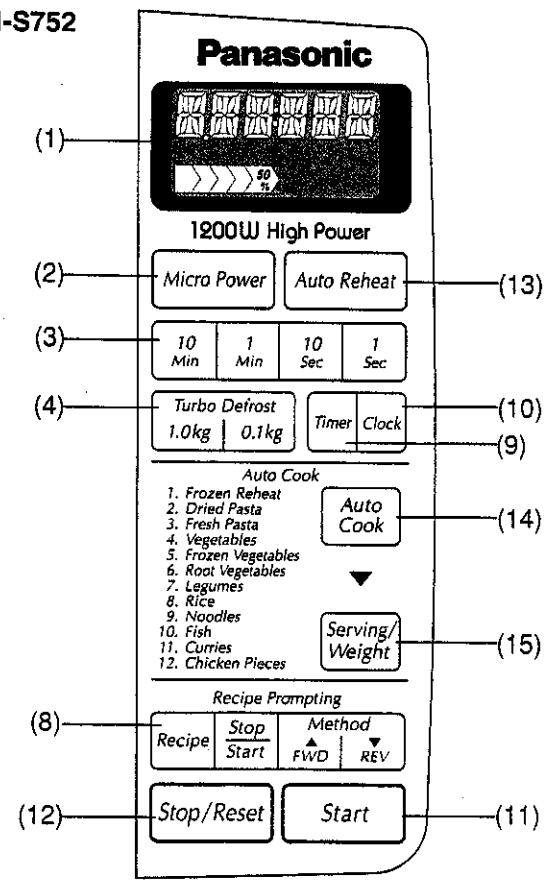

Word Prompters

When pads are pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the Display Window. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the Display Window. Words will automatically appear to prompt the user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete programme, the oven will beep five times and "ENJOY YOUR MEAL" will appear in the Display Window.

Let's Start To Use Your Oven!

1 Plug in

Plug into a properly earthed electrical outlet. "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in the Display Window. (This will immediately cease when any pad is pressed.)

2 Open Door

Open the door and place container with food on Glass Tray in the oven. Then close the door.

3 Select Power Level

e.g. P7

Press ***Micro Power*** Pad four times.

(see page 8 for Micro Power chart)

4 Set Time

e.g. 1 minute 30 seconds

Press Time Pad

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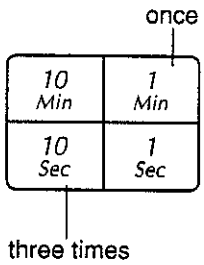

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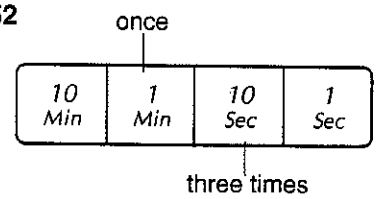
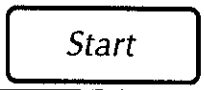
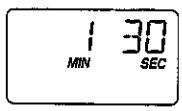


5 Press



Verify your selection(s) in the Display Window.



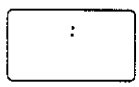
Operation Guide in the Display Window

To assist you in programming your oven, the following operation will appear in the Display Window. When you become familiar with your oven, the Operation Guide can be turned off.

To turn off:

Press 3 times.

Display Window

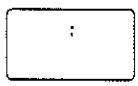


Colon or time of day appears in theDisplay Window.

To turn on:

Press 3 times.

Display Window



Colon or time of day appears in the Display Window.

To Cook / Reheat / Defrost by Micro Power and Time

1 Select Power Level

Press ***Micro Power*** Pad until the
power level appears in the Display Window.
(see chart below)

Note: When selecting P10 on the first stage, you can start from step 2.

2 Set Cooking Time e.g. 5 minutes

(P10: up to 30 minutes, other powers: up to 99 minutes and 99 seconds for a single stage)

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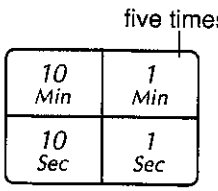

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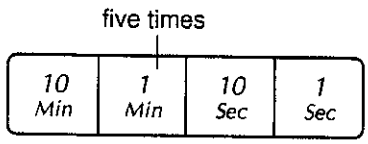


3 Press

Cooking will start.
The time in the Display Window will count down.

For more than one stage cooking,
Repeat steps 1 & 2 above then press ***Start***. The oven will beep twice between stages.

e.g. : Casserole

Stage 1	Stage 2
P10 for 10 minutes to bring to a boil	P7 for 30 minutes to finish cooking by simmering

Micro Power:
The ***Micro Power*** Pad gives you a selection of different power levels representing decreasing amounts of microwave energy, used for cooking foods at different speeds.
e.g.The lower the micro power setting, the more evenly the food cooks, although it will take a little longer.
To select the correct power level for cooking different foods, refer to the chart below.

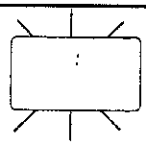
Press	POWER LEVEL	POWER	EXAMPLE OF USE
1x	P10	100 %	Boil water. Cook vegetables, rice, pasta and noodles. Reheating.
2x	P9	85 %	Cook fresh fruits.
3x	P8	75 %	Cook cakes, desserts. Heat milk.
4x	P7	65 %	Cook pork, whole chicken and chicken pieces.
5x	P6	60 %	Cook beef, lamb and eggs. Melt butter.
6x	P5	50 %	Cook meatloaves. Melt chocolate.
7x	P4	35 %	Cook fish and seafood.
8x	P3	25 %	Thaw foods. Cook christmas pudding, corned beef, dried beans and peas.
9x	P2	15 %	Simmer soups, stews and casseroles (less tender cuts).
10x	P1	10 %	Keep cooked foods warm, simmer slowly.

To Set Clock

You can use the oven without setting the clock.

1 Press [Clock]

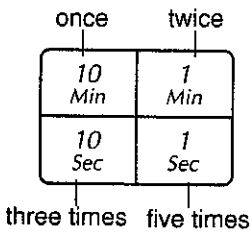
Colon will blink in Display Window.



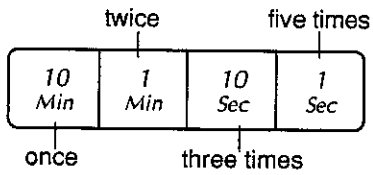
2 Enter Time of Day

Enter time of day using Time Pads e.g. 12:35
Clock is a 12 hour display. There isn't a.m. or p.m. setting.

NN-S782

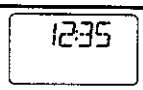


NN-S752



3 Press [Clock]

Colon stops blinking; time of day is entered and locked into Display Window.



NOTES: 1.Oven will not operate while colon is still blinking
2. To reset time of day, repeat step 1 through 3.
3. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
4. Maximum time available is 12:59. Clock is 12 hour only.

To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open.
You can set Child Safety Lock when colon or time of day is displayed.

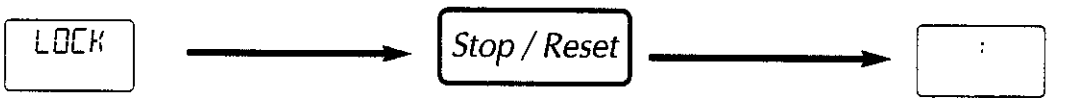
To set:

Colon or time of day is displayed

Press 3 times.

Display Window

To cancel:



Display Window

Press 3 times.

Colon or time of day is displayed

To Defrost

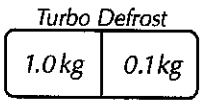
Turbo Defrost

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight.

1 Set Weight

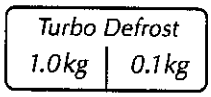
The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. Weight must be programmed in kilograms and tenths of a kilogram (max 3.0 kg).

NN-S782



Enter weight.

NN-S752



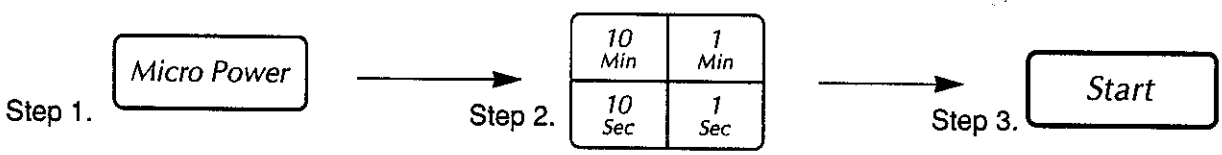
Enter weight.

2 Press

Defrost time appears in the Display Window and begins to count down.
When cooking time is longer than 60 minutes, the time will appear in hours and minutes.
NOTES:
For further information, refer to next page.

Defrost by Micro Power and Time Setting

NN-S782

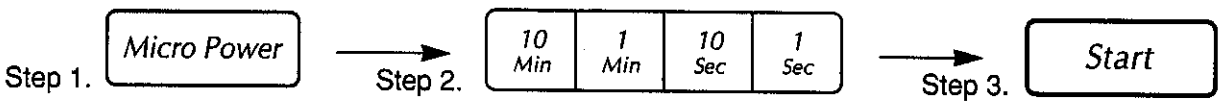


Press 8 times for Defrost. (P3 - page 8)

Set time according to chart on page 11.

Press.

NN-S752



Press 8 times for Defrost. (P3 - page 8)

Set time according to chart on page 11.

Press.

Defrosting Technique:

1. Remove from wrapper and set on a defrosting rack in a dish on Glass Tray.
2. On Turbo Defrost, the oven may beep during the defrosting time. At "beep", turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties.Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

Defrosting Tips and Techniques

Preparation for Freezing:

1. Heavy-duty plastic wraps, bags and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

Defrosting Technique:

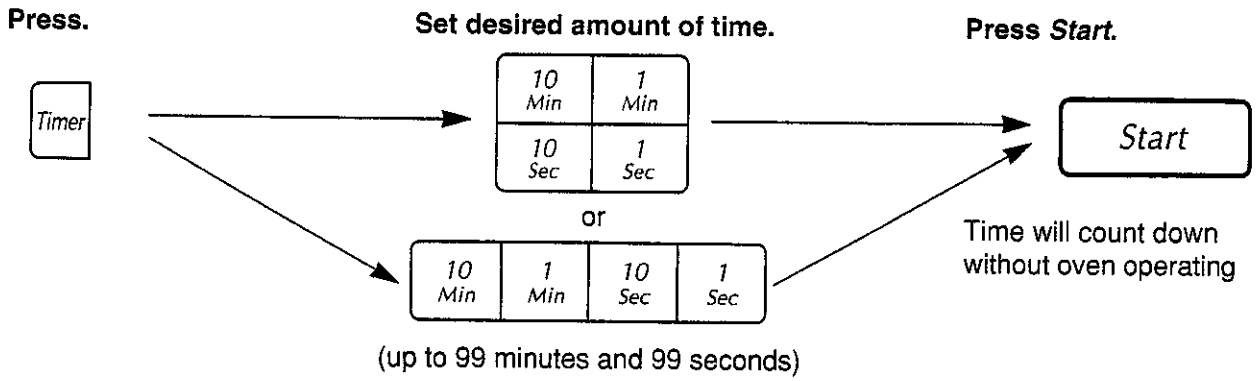
1. Remove from wrapper and set on a defrosting rack in a dish on Glass Tray.
2. On Turbo Defrost, the oven may beep during the defrosting time. At "beep", turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties.Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

Defrosting Chart (by setting Micro Power at P3):

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
MEAT		
Beef		
Minced Beef	7 - 9	Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.
Roast: Topside	8 - 10	
Beef Tenderloin	8 - 10	
Chuck or Rump	8 - 10	Turn meat over two to three times during defrosting.
Sirloin, rolled	8 - 10	
Steak	6 - 8	Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
Miscellaneous	7 - 9	
Pork/Lamb		
Roast	8 - 10	Large roasts may still be icy in centre. Let stand.
Chops	6 - 8	
Ribs	6 - 8	
POULTRY		Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones and ends of poultry with foil.
Chicken		
whole	8 - 10	
pieces	7 - 9	
fillets	7 - 9	Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.
Duck	7 - 9	
Turkey	8 - 10	
		Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10 minutes, before cooking.
FISH & SHELLFISH		
Fish Fillets	8 - 10	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted.
Whole Fish	7 - 9	
Crabmeat	6 - 8	
Lobster Tails	6 - 8	
Sea Scallops	6 - 8	Let stand, 5 to 10 minutes, before cooking.
Green Prawns	6 - 8	

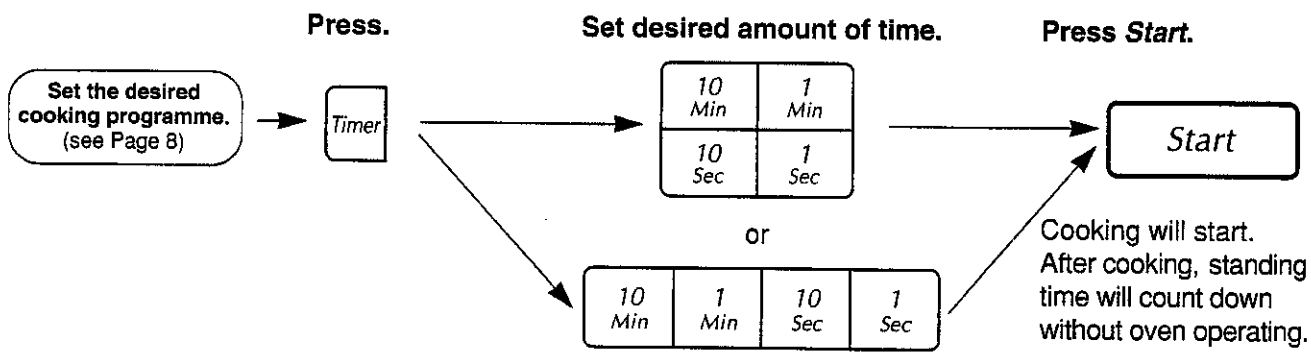
To Use Timer Pad

To Use as a Kitchen Timer



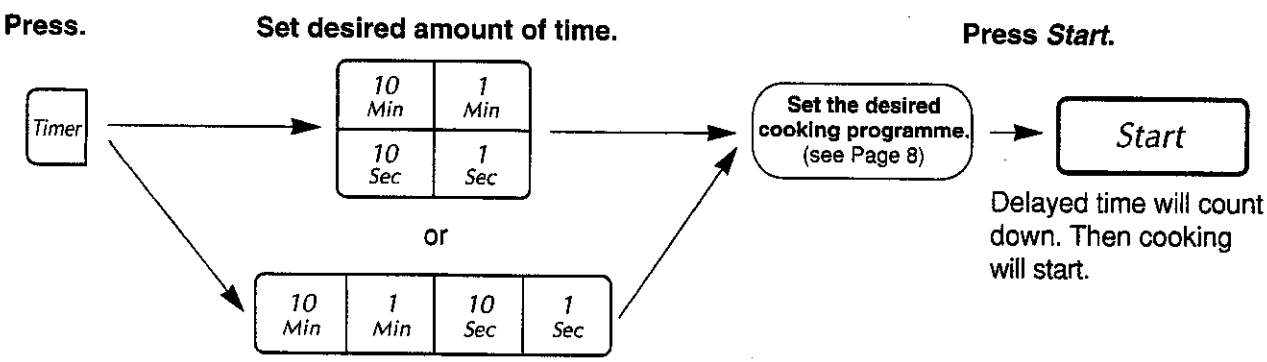
(up to 99 minutes and 99 seconds)

To Set Standing Time



(up to 99 minutes and 99 seconds)

To Set Delay Start



(up to 99 minutes and 99 seconds)

NOTES:

1. If oven door is opened during the Standing Time or Kitchen Timer, the time in the Display Window will continue to count down.
2. Delay Start cannot be programmed before any Auto Control function. This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results.

To Cook / Reheat Food Using Auto Cook (NN-S752)

1 Press Desired Category Pad until the desired category appears in the Display Window (see chart below).

Auto Reheat or Auto Cook

2 Press *Serving/Weight* Pad

After selecting the desired category, set the weight or serving size by pressing the ***Serving / Weight*** Pad.
e.g. Vegetables
press once - 120 g is displayed
press twice - 180 g is displayed

Serving/ Weight

3 Press Start

Cooking time appears in the Display Window and begins to count down.

To Reheat using Auto Reheat

Pad	Serving / Weight			
	1 tap	2 taps	3 taps	4 taps
Auto Reheat	250 g	450 g	650 g	850 g

To Cook using Auto Cook

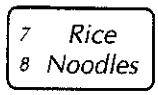
Pad	Food Category	Serving / Weight			
		1 tap	2 taps	3 taps	4 taps
Auto Cook	1. Frozen Reheat	250 g	450 g	650 g	850 g
	2. Dried Pasta	150 g	250 g	375 g	500 g
	3. Fresh Pasta	150 g	250 g	375 g	500 g
	4. Vegetables	120 g	180 g	250 g	370 g
	5. Frozen Vegetables	120 g	250 g	500 g	750 g
	6. Root Vegetables	250 g	370 g	500 g	900 g
	7. Legumes	1.0 cup	2.0 cup	3.0 cup	4.0 cup
	8. Rice	1.0 cup	1.5 cup	2.0 cup	2.5 cup
	9. Noodles	200 g	350 g	500 g	800 g
	10. Fish	120 g	250 g	370 g	500 g
	11. Curries	250 g	500 g	750 g	—
	12. Chicken Pieces	400 g	600 g	800 g	1000 g

To Cook Using Sensor Cook (NN-S782)

Sensor Cook

1 Select Category

To select the lower category on the key pads, keep pressing the food category pad



press once for rice
press twice for noodles
Category appears in the display window.

NOTE: When cooking using the automatic sensor, all food must be covered securely with plastic wrap or a tight fitting lid. Do not use plastic containers as a secure seal cannot be achieved and inaccurate cooking may occur.

More/Less Pad:

Preferences for food doneness varies with each individual. After having used Sensor Cook a few times, you may decide you prefer your food cooked to a different doneness. By using the ***More/Less*** Pad, the Auto Sensor programmes can be adjusted to cook food for a longer or shorter time. Press ***More/Less*** Pad before pressing ***Start*** Pad.

1 tap : More cooking with indication "MORE+"
2 taps: Less cooking with indication "LESS-"
3 taps: Returns to average cooking result.

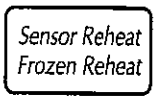
If you are satisfied with the result of the **SENSOR COOK** programme, you don't have to use this pad.

2 Press

Note: The door should not be opened before the countdown time appears in the Display Window.

► After the heat and humidity is detected by the SENSOR, the remaining cooking time appears in the Display Window and begins to count down. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

Sensor Reheat (NN-S782)



• **Press**
once:Sensor Reheat
twice:Frozen Reheat

If desired, press ***More/Less*** Pad.

• **Press**
After the heat and humidity is detected by the SENSOR, the remaining time appears in the Display Window and begins to count down.

For best results on Sensor Reheat, follow these recommendations:

1. Food being reheated should weigh between 125 g and 1.0 kg. For foods weighing less than 125 g and more than 1.0 kg, use a manual micro power setting.
2. All foods must be previously cooked and at room or refrigerator temperature.
3. Foods should always be covered loosely, but completely, with plastic wrap or a casserole lid which does not seal. (Do not use any snap closing lids.)
4. All foods should have a covered stand time of at least 3 to 5 minutes.
5. **Do not** reheat bread or pastry products (raw or uncooked), or beverages.
6. **Do not** use if oven cavity is warm.

Consult the following Recipe Chapters for Sensor Cooking Instructions for Each Category on your oven.

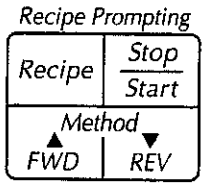
NN-S782
Sensor Reheat
- Sensor Reheat
- Frozen Reheat
1 ***Vegetables***
2 ***Frozen Vegetables***
3 ***Root Vegetables***
4 ***Legumes***
5 ***Fresh Pasta***
6 ***Dried Pasta***
7 ***Rice***
8 ***Noodles***
9 ***Curries***
10 ***Fish***
11 ***Chicken Pieces***
12 ***Whole Chicken***
13 ***Slow cook***
14 ***Dessert***

To Use Recipe Prompting

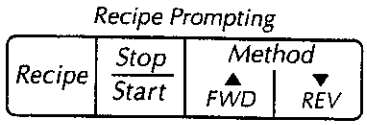
To Use Recipe Prompting

This feature helps you to cook by following the instructions given in the Display Window.
The instructions for a total of 30 recipes are given (see following page).

NN-S782



NN-S752



1 Press [Recipe]

Until the desired recipe appears in the Display Window.
For the previous recipe, press [▼ REV].

Recipes are arranged alphabetically. The first time you use ***Recipe Prompting*** after plugging in your oven, the first recipe, **Beef Stroganoff,** will appear. The next time you press the ***Recipe*** pad, the last recipe you selected will be displayed.

Once you have selected a recipe,

2 Press [Method ▲FWD / ▼REV]

The first instruction will scroll across the Display Window.

Press for the next instruction. → [Method ▲FWD / ▼REV] ← Press for the previous instruction.

"ENJOY YOUR MEAL" appears in the Display Window at the end of each recipe.

HINTS WHILE USING *RECIPE PROMPTING*

[Stop / Start]	One tap: Stops scrolling of the Display Window. Two taps: Restarts scrolling of the Display Window. After you have programmed the recipe with power level and cooking time, press ***Start***.
[Stop / Reset]	1. While instructions are in the Display Window, one tap will clear the Display Window and colon or time of day will appear in the Display Window. 2. While setting power or time, previous instruction will appear in the Display Window by one tap. Two taps make the colon or time of day appear in the Display Window. 3. While cooking, one tap stops the remaining cooking time counting down. The next instruction will start scrolling by two taps.
[Start]	Cooking will start by pressing this pad.

To Use Recipe Prompting

NOTE:
Throughout Recipe Prompting, the oven will instruct you to set the cooking time and power level at each stage of the recipe. Set the instructed power level and cooking time using the Micro Power pad and Time pads. These settings are a guide only. If you wish to change, the oven can accept a different power level and cooking time.

For further information about cooking any of these recipes, refer to the recipe section.

The following recipes are programmed in Recipe Prompting:

Recipe	Page	Recipe	Page
Beef Stroganoff	24	Green Peppercorn Chicken	16
Cheese Sauce	47	Herbed Vegetables	30
Cheesy Mashed Potatoes	31	Honey Sesame Drumsticks	17
Chicken Cacciatore	16	Lemon Pepper Fish	13
Chicken Curry	18	Peach Crumble	43
Chicken Risotto	34	Potato and Leek Soup	7
Chilli Beef	24	Potato Casserole	30
Chinese Beef and Vegetables	24	Pumpkin Soup	7
Chocolate Brownies	46	Rich Chocolate Sauce	48
Chocolate Fudge	46	Seasoned Roast Lamb	24
Cinnamon Poached Pears	44	Spaghetti Meat Sauce	24
Creamy Bacon Sauce	47	Speedy Nachos	10
Fragrant Coconut Rice	34	Sweet Berry Sauce	48
French Onion Beef Casserole	22	Tomato Vegetable Casserole	31
Garlic Prawns	13	Thai Vegetable Curry	30

INGREDIENT CONVERSION CHART*

¼ cup	60 ml	¼ teaspoon	1 ml
⅓ cup	85 ml	½ teaspoon	2 ml
½ cup	125 ml	1 teaspoon	5 ml
⅔ cup	165 ml	2 teaspoons	10 ml
¾ cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	15 ml
1¼ cups	310 ml	1½ tbs	22 ml
1½ cups	375 ml	2 tbs	30 ml
2 cups	500 ml	3 tbs	45 ml
3 cups	750 ml	4 tablespoons	60 ml
3½ cups	875 ml		
4 cups	1 litre		
6 cups	1.5 litre		
8 cups	2 litre		

*Applicable to New Zealand and South Africa only.

Before Requesting Service

THESE THINGS ARE NORMAL

The oven causes interference with my TV.	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.
I accidentally ran my microwave oven without any food in it.	Running the oven empty for a short time will not damage the oven. However, we do not recommend this.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on. →	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Reset external circuit breaker or replace external fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking. →	The door is not closed completely.	Close the oven door securely.
	Start was not pressed after programming.	Press ***Start*** Pad.
	Another programme has already been entered into the oven.	Press ***Stop/Reset*** Pad to cancel the previous programme and programme again.
	The programme has not been entered correctly.	Programme again according to the Operating Instructions.
	Stop/Reset has been pressed accidentally.	Programme over again.
The words "DEMO MODE"* appear on the screen →	***Clock*** Pad has been pressed three times.	Deactivate mode by pressing ***Clock*** Pad three times.
When the oven is turning on, there is noise coming from the Glass Tray. →	The Roller Ring and oven bottom are dirty.	Clean these parts according to "Care of Your Microwave Oven" (see next page).

*DEMO MODE is designed for retail store display. Cooking and other functions will not operate during the DEMO mode. If it seems there is a problem with the oven, contact an authorised Service Centre.

Care of Your Oven

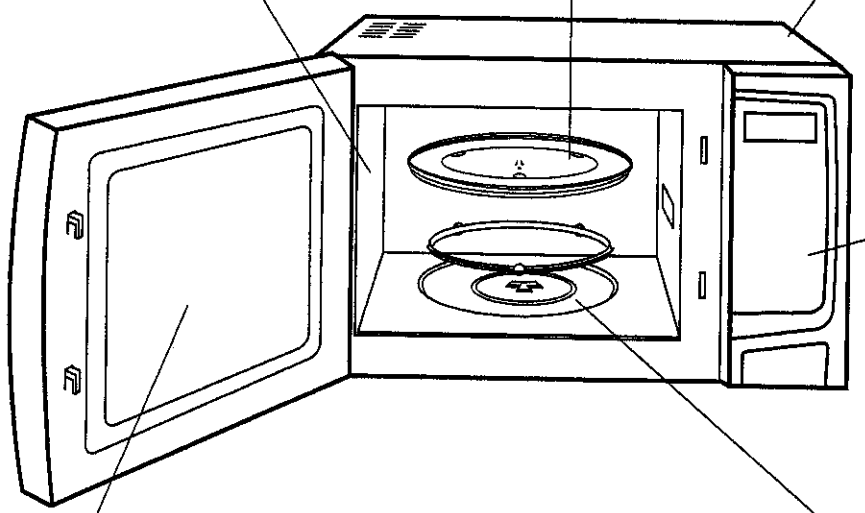
BEFORE CLEANING:
Remove plug from outlet. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:
Be sure to replace the Roller Ring and Glass Tray in the proper position and press ***Stop/Reset*** Pad to clear the Display Window.

Inside of the oven:
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

Glass Tray:
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a non-abrasive nylon mesh scouring pad and a non-abrasive cleanser.

Outside oven surfaces and back vents.
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



Control Panel:
- Covered with removable protective film to prevent scratches during shipping. Small bubbles may appear under this film. When this happens, remove film carefully. *(Hint - apply masking or clear tape to an exposed corner and pull gently to remove.)*
- If it becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel.

Oven Door:
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or of microwave leakage.

Roller Ring and oven cavity floor:
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

Technical Specifications

	NN-S782 / NN-S752
Power Supply:	230 - 240 V 50 Hz
Power Consumption*:	1,040 W 4.6 A
Power Requirement (Maximum):	1,890 W 8.5 A
Output*:	1,200 W
Outside Dimensions (H x W x D):	304 x 555 x 493 mm
Oven Cavity Dimensions (H x W x D):	228 x 418 x 470 mm
Operating Frequency:	2,450 MHz
Uncrated Weight:	Approx. 14.5 kg
Trim Kit	NN-TK719WRQPQ (White) NN-TK719BRQPQ (Black)
Trim Kit cabinet opening	576 x 389 mm

* IEC Test Procedure
Specifications subject to change without notice.

Panasonic Technics

WARRANTY

1. The product is warranted for 12 months from the date of purchase. Subject to the conditions of this warranty Panasonic or it's Authorised Service Centre will perform necessary service on the product without charge for parts or labour if, in the opinion of Panasonic, the product is found to be faulty within the warranty period.
2. This warranty only applies to products sold by Panasonic Australia or its Authorised Distributors or Dealers and only where the products are used and serviced within Australia or it's territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service Centre and only if valid proof of purchase is presented when warranty service is requested.
3. This warranty only applies if the product has been installed and used in accordance with the manufacturer's recommendations (as noted in the operating instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only and does not cover damage, malfunction or failure resulting from use of incorrect voltages, incorrect installation, accident, misuse, neglect, build-up of dirt or dust, abuse, misadjustment of customer controls, mains supply problems, thunderstorm activity, infestation by insects or vermin, tampering or repair by unauthorised persons (including unauthorised alterations), exposure to abnormally corrosive conditions or any foreign object or matter having entered the product.
4. This warranty does not cover the following items unless the fault or defect being complained of existed at the time of purchase.
   (a) Video or AudioTapes.
   (b) Video or Audio Heads and Stylii resulting from wear and tear in normal use.
   (c) Shaver Heads or Cutters.
   (d) Cabinet parts.
   (e) User replaceable Batteries.
   (f) Thermal Paper, Toner/Ink Cartridges, Drums, Developer, Film (Ink/Ribbon), Film Cartridge, Printer Heads
   (g) Microwave Oven cook plates.
5. If warranty service is required you should:
   - Telephone Panasonic's Customer Care Centre on 132600 for the name/address of the nearest Authorised Service Centre.
   - Provide a copy of your purchase receipt as proof of date of purchase.
   - Send or bring the product to a Panasonic Authorised Service Centre. Please note that freight to and / or from your nearest Authorised Service Centre must be arranged by you.
   - Note that home service is available for the following products in the major metropolitan areas of Australia or the normal operating areas of the nearest Authorised Service Centres:

   Television Receivers (screen size greater than 39 cm) Microwave Ovens
   Electronic Organs or Pianos Whiteboard (except portable type)
6. The warranties hereby conferred do not extend to any costs associated with the delivery, handling, freighting or transportation of the product or any part thereof or replacement of and do not extend to any damage or loss occurring during, or associated with, transit.

Panasonic Authorised Service Centres are located in major metropolitan areas and most regional centres of Australia, however, coverage will vary dependant on product. For advice on exact Authorised Service Centre locations for your product, please telephone our Customer Care Centre on 132600.

Unless otherwise specified to the consumer the benefits conferred by this express warranty are additional to all other conditions, warranties, guarantees, rights and remedies expressed or implied by the Trade Practices Act 1974 and similar consumer protection provisions contained in legislation of the States and Territories and all other obligations and liabilities on the part of the manufacturer or supplier and nothing contained herein shall restrict or modify such rights, remedies, obligations or liabilities.

THIS WARRANTY CARD AND THE PURCHASE DOCKET (OR SIMILAR PROOF OF PURCHASE) SHOULD BE RETAINED BY THE CUSTOMER AT ALL TIMES

If you require assistance regarding warranty conditions or any other enquiries, please contact the Panasonic Customer Care Centre
By phone **132600** or via the website **www.panasonic.com.au**

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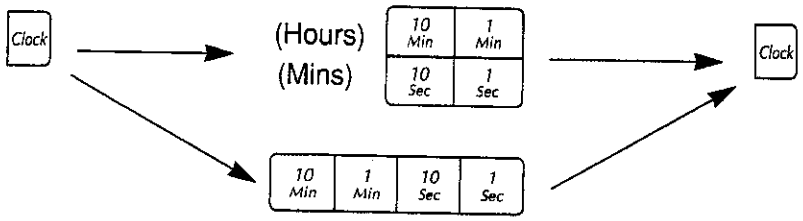
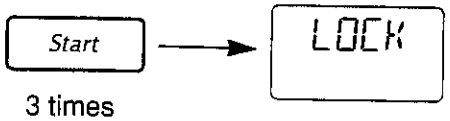
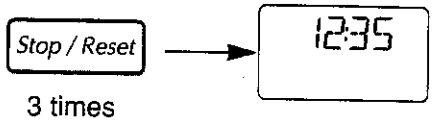
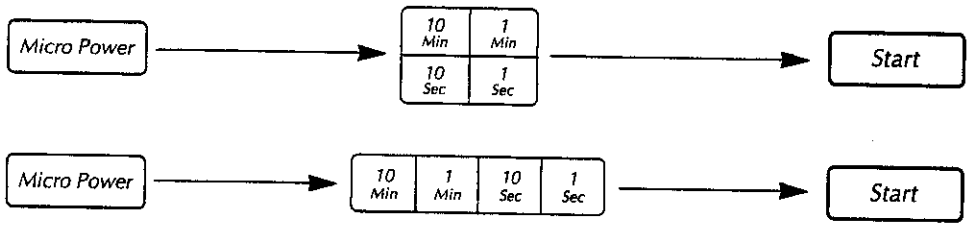
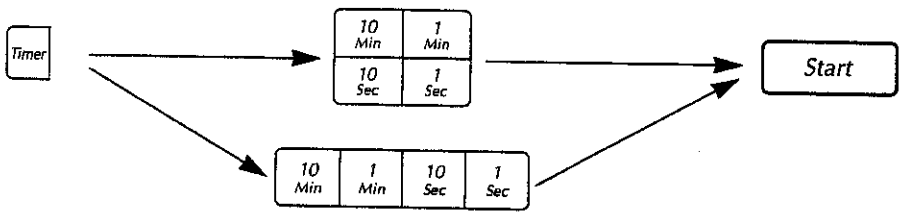
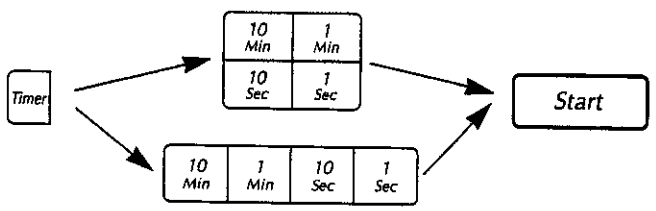
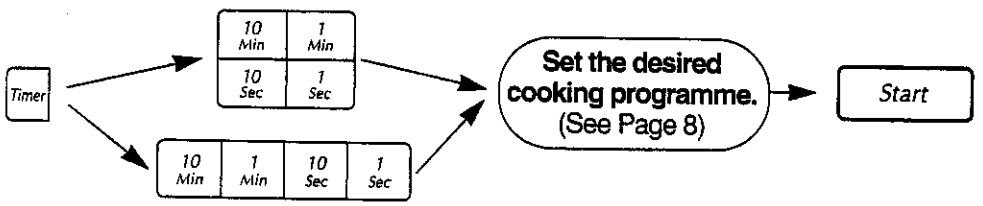
Quick Guide to Operation

FOR ALL MODELS

Feature	How to Operate
To Set Clock (☞ page 9)	 Set time of day. (Max 12:59)
To Set / Cancel Child Safety Lock (☞ page 9)	**To Set:** Display  3 times **To Cancel:** Display  3 times
To Cook / Reheat / Defrost by Micro Power and Time Setting (☞ page 8)	 Select power. Set the cooking time.
To Use as a Kitchen Timer (☞ page 12)	
To Set Standing Time (☞ page 12)	**Set the desired cooking programme.** (See Page 8) 
To Set Delay Start (☞ page 12)	

Quick Guide to Operation

FOR ALL MODELS

To use Turbo Defrost Pad (☞ page 10)	Turbo Defrost 1.0kg | 0.1kg → Start Set weight.

Only for Models NN-S782

To Cook using "Sensor Cook" Pads (S) (☞ page 14-15)	Press until desired food category pad appears. (e.g. 1 Vegetables 2 Froz.Veg.) → (More/Less) → Start optional
To Reheat using "Sensor Reheat" Pads (☞ page 15)	Sensor Reheat Frozen Reheat → (More/Less) → Start optional

Only for Model NN-S752

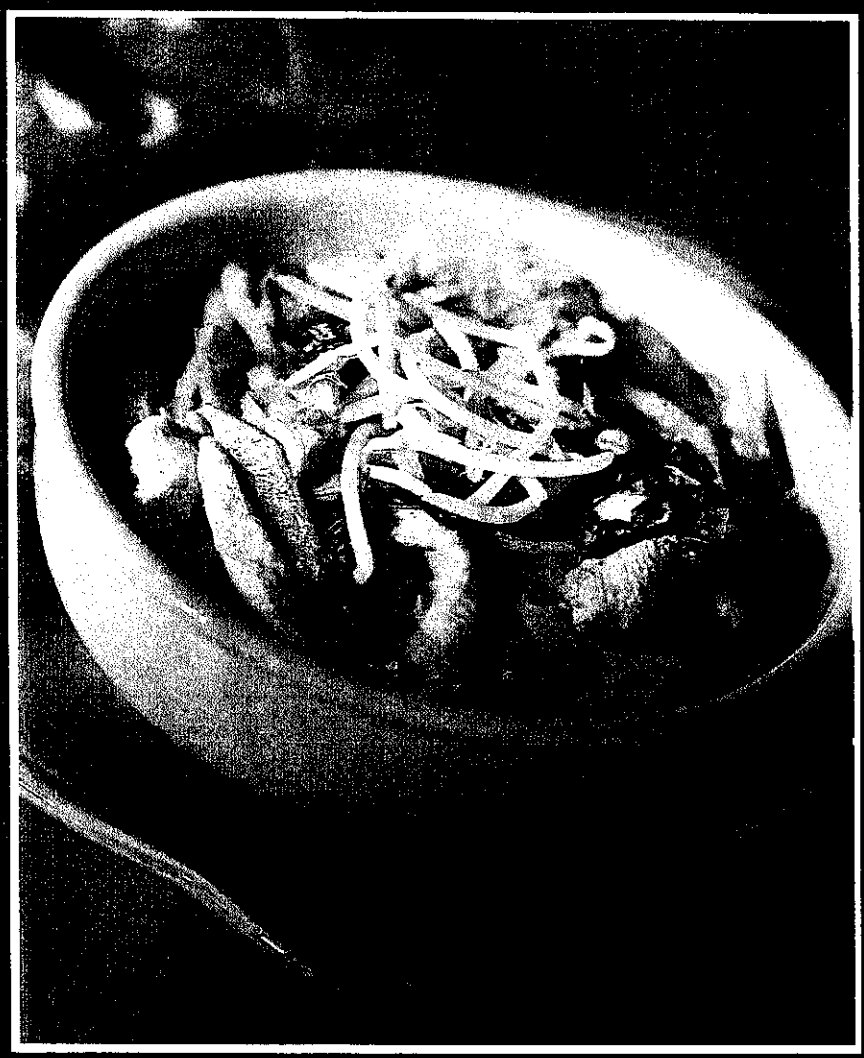
To Cook using "Auto Cook" Pad (☞ page 13)	Press to select the desired food category. Select serving(s). Auto Cook → Serving/Weight → Start
To Reheat using "Auto Reheat" Pad (☞ page 13)	Press to select the desired food category. Select serving(s). Auto Reheat → Serving/Weight → Start

Panasonic®

Cook book

Microwave Oven

INVERTER SYSTEM INSIDE



Microwaves penetrate the surface of the food to a depth of about two to three centimetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwave techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must for you to be familiar with the following tips.

Food Characteristics

Size and Quantity

Small portions cook faster than large portions. As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.
As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content

Low moisture foods take a shorter time to cook than foods with a lot of moisture.

Shape

Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

Bone and Fat

Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and the meat next to these areas may overcook.

Starting Temperature

Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

Density and Composition

Porous, airy foods (cakes and breads) take less time to cook than heavy compacted foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

Key to Symbols Used in Recipes

Recipes displaying these symbols may be cooked using these features.

- **(S)** Sensor Cook / NN-S782
- [A] Auto Cook / NN-S752
- Recipe Prompting / All Models

Techniques for Preparation

Timing

A range of cooking times is given in each recipe for two reasons. First, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

Stirring

Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

Rearranging or Turning

Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers

This microwave oven is not designed to cook more than 1 layer of food. Cooking in 2 layers may not always be successful, it takes longer and may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

Piercing of Foods

Pierce the skin or membrane of foods when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

Cured Meats

Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

Covering
Covering food minimizes the microwave cooking time.
Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so it retains more heat and steam. Wax paper and paper towels hold the heat in but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover when steam is not needed for tenderizing.

Browning
Meats and poultry, when cooked longer than 10 to 15 minutes, will brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce or soy sauce. Simply brush one of these sauces over meat or poultry before cooking. Baked goods do not need long cooking times and therefore, do not brown. When cakes or cupcakes are iced, no one will notice the visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

Standing Time
The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules were vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves whether in or outside your microwave oven.
Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.
The amount of standing time varies with the size and density of the food. In meat cookery, the internal temperature will rise between 5°C and 10°C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need shorter standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.
The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminum foil.

Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time by one quarter to one third.
e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on P7 Power in your microwave oven.

Use similar microwave recipes to help you adapt conventional recipes. Remember, it is always best to undercook a recipe and then add an extra minute or two to finish it off.

Here are some other tips that may help:
- Reduce liquids in a conventional recipe by one half to two thirds, e.g. 1cup (250 ml) should be reduced to ½ cup (125 ml).
- Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
- Do not salt meats, poultry or vegetables before cooking; otherwise, they will toughen and dry out.
- If one ingredient takes longer to cook than the others, pre-cook it in the microwave oven first. Onion, celery and potato are examples.
- If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
- Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
- Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
- Since microwaves penetrate foods about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
- Items with a lot of water, such as rice and pasta, cook in about the same time as they would on a conventional stove. (Refer to **Rice** and **Pasta** chapter.)

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked souffles or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time
Plan your meals so that the food will not all need last minute cooking or attention at the same time. The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either.
A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving.
It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meals as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening.
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on P7, at 2 minutes per serving.
If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.
Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on P10 for cooking times refer to vegetable cooking chart on page 25. Remember, if you increase the quantity of vegetables,increase the cooking time.Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as denes as fresh vegetables, as they have been blanched before freezing.
If vegetables are cut to a similar size, they can be cooked in separate ramekins or small dishes at the same time.

Increasing & Decreasing Recipes

Increasing
- To increase a recipe from 4 to 6 servings, increase each ingredient listed by half.
- To increase a recipe from 4 to 8 servings, double each ingredient listed.
- For larger quantities of a recipe, a large dish should be used. Make sure that the dish is deep enough to prevent the recipe from boiling over during cooking.
- Make sure to cover, stir or rearrange food as directed in the recipe and always check the food during cooking.
- Increase standing times by 5 minutes per 500g.
- Use the same Power Level recommended in the original recipe.
- Increase the cooking times by: ⅓ of original cooking time for 6 servings; and an extra ½ of original cooking time for 8 servings.

Decreasing
- To decrease a recipe from 4 to 2 servings, decrease each ingredient listed by half.
- For small quantities, a small dish should be used. Make sure that the dish is large enough to prevent the recipe from boiling over during cooking.
- Use the same Power Level recommended in the original recipe.
- Decrease the cooking times by ½ to ⅔ of the original cooking time.

Cooking for One

- To decrease a recipe from 4 to 1 serving, quarter each ingredient listed.
- A smaller dish should be used, making sure that the dish is still large enough to prevent the recipe from boiling over.
- Use the same Power Level recommended in the original recipe.
- Quarter the original cooking times, then add extra time, if needed.
- Make sure to cover, stir or rearrange food as directed in original recipe and always check the food during cooking.

Converting Recipes from Other Sources

When the recipe is written with a wattage different than your oven, adjust the cooking time by approximately 10% per 100 watts, e.g. 6 minutes would be adjusted by 36 seconds. Alternately, adjust the power level by one level. If your wattage is higher than the recipe: (1) Adjust time downward or (2) Adjust power level downward. If your wattage is lower than the recipe: (1) adjust time upward or (2) adjust power level upward (when possible).

Reheat

One of the most common uses for a microwave oven is to reheat food. Your Panasonic microwave allows you to either reheat by placing food into the oven and you choose the micro power level and length of heating time or you may reheat automatically by using the SENSOR REHEAT or AUTO REHEAT buttons on your microwave. Following are some directions for reheating pre-cooked foods from either frozen refrigerator temperature or room temperature.

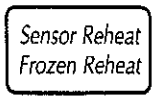
General rules for reheating foods by Micro Power

- Many convenience foods contain heating instructions on the packaging. It is best to follow these instructions, being sure to check the wattage of the oven they used and adjust the cooking time if necessary (decrease cooking time by 10% for every 100watts more powerful your oven is)
- If package directions are not available, following the recommendations in the charts on the following pages.
- All foods must be pre-cooked; raw foods will not cook through during reheating times and if consumed may cause illness.
- Do not reheat in foil containers, cans or plastic containers as incorrect heating times will result. Place foods into microwave safe bowls or dinner - plate before heating.
- Most foods can be heated on P10 but consider if the food is delicate in structure like baked custard or you have a large quantity, a lower power level for slightly longer may be gentler.
- Cover foods with plastic wrap if you require a steamed effect or leave uncovered for a dryer surface e.g. Crumbed foods
  Note: when cooking by Sensor Cook all food must be covered.
- Stir or re-arrange foods during heating as this will help food heat evenly. Stir after heating and let stand for 2 to 3 minutes. Check temperatures before adding extra heating time and ensure food is hot. If food is not heated enough, consumption may cause illness.

Reheating by Sensor Cook (S) (125 g - 1.0 kg)

- Reheating by Sensor is suitable for pre-cooked foods, which are frozen, refrigerator temperature or room temperature. It is suitable for casseroles, plated meals, soup, stews, pasta dishes (except lasagne) and canned foods.
- Do not reheat bread or pastry products, raw uncooked food or beverages on Sensor Reheat.
- Foods greater than 1 kg or smaller than 125 g should be cooked by micro power and time.
- Follow general directions for heating as above.
- Cover foods securely with plastic wrap or a fitted lid, which does not snap seal.
- Halfway through the cooking time, the oven will 'beep' and prompt you to stir/rearrange the food. There is no need to recover if not required.
- After heating, stir the food, check it is hot and allow standing for 2 to 3 minutes.

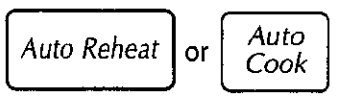
To Operate: Press
then Press ***Start***.



Reheating by Auto Cook [A] (250 g - 850 g)

- Foods weighting less than 200 g and more than 900 g should be heated by micro power and time.
- Auto Cook has 2 settings one for heating frozen foods and one for heating foods from refrigerator or room temperature.
- Suitable foods include casseroles, plated dinners, soups, stews, pasta dishes. (except lasagne) and canned foods.
- Do not reheat bread or pastry items, raw or uncooked foods or beverages.
- Cover foods loosely with plastic wrap or a lid, which does not snap seal.
- Halfway through the cooking time, the oven will 'beep' and prompt you to stir/rearrange. At the end of cooking time, stir the food, check it is hot and allow standing 2 to 3 minutes.

To Operate: Press
Select category number
REHEAT or
FROZEN REHEAT.



Press once.

Press
To select size of food
then press ***Start***.

Reheat by Setting Power and Time - Frozen Convenience Foods

FROZEN ITEM (Pre-cooked)	POWER	TIME (in minutes)	SPECIAL INSTRUCTIONS
BREAD & BAKED PRODUCT			
Bread 1 slice	P7	10 - 15 sec	Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper. Place on paper towel to absorb moisture.
1 loaf	P7	1 - 3	
6 rolls	P6	1 - 2	
Cheesecake (450g)	P3	2 - 3	Remove from container. Defrost on plate.
Muffins - 4 (350 g)	P7	2 - 3	Place onto paper towel lined plate.
Scones - 6 (400 g)	P6	2 - 3	Defrost on paper lined plate. Stand 2 minutes.
PIES			
Fruit Pie (600 g)	P3 then P7	5 - 7 5 - 7	Remove from foil container and place uncovered into a pie dish.
Meat Pie (175g)	P7	3 - 4	Place onto paper towel lined plate.
Pizza (350 g)	P10	5 - 7	Remove from package and place onto paper towel or follow manufacturer's instructions.
FROZEN MEAL			
Fish in Sauce (200 g)	P5	6 - 8	Pierce corner of bag. Heat on a plate.
Instant Casserole in Pouch (500g)	P7	6 - 8	Pierce pouch. Heat on a plate or bowl.
Lasagne (500 g)	P9	11 - 13	Remove from foil container, place into serving dish.
Plated style dinner (320 g)	P5	8 - 10	Remove foil cover and replace with plastic wrap.
Vegetables & Sauce (in the bag) (500 g)	P7	8 - 10	Pierce corner of bag. Heat on a plate.
MISCELLANEOUS			
Chicken Pieces (500 g)	P7 then P6	5 - 7 2 - 4	Place onto paper towel lined plate.
Croissants - 4 (200 g)	P3	1 - 1½	Place onto paper towel lined plate.
Fish Fingers - 8 (200 g)	P3 then P10	2 - 4 2 - 3	Place onto paper towel lined plate.
Sausage Rolls (225 g)	P5	2 - 3	Place onto paper towel lined plate.
Frankfurts (10 large)	P10	3 - 4	Place into dish with ¼ cup water and cover.

IMPORTANT POINTS TO CONSIDER WHEN REHEATING COLD FOODS

STARTING TEMPERATURE —
Foods taken from the refrigerator will take longer to reheat than foods from room temperature.

Quantity —
One serving heats faster than several servings. When heating large quantities, stir food to ensure even heating. It is quicker to heat individual plates of food than large quantities in a casserole dish.

Plated Dinners —
Arrange foods with the most dense items towards the outside of the plate. Cover meats with sauces/gravies if desired, spread out mashed potatoes or rice so it heats more evenly. When assembling plates of leftover foods, use foods which have a similar starting temperature.

Covering Foods —
Most foods need to be covered with one sheet of absorbent paper towel to hold in the heat and prevent spattering without steaming. When more moisture is desired, cover with plastic wrap.

Heating —
Reheating is usually done on P10, however, if food has a more delicate texture, like a baked custard, a lower power setting should be used. P7 for a little longer will be gentler on the food. An average plate of food would generally take 1 to 3 minutes to heat depending on the density of the food. Place it in for the minimum time and add extra heating time if required.
Ensure food is hot by feeling the bottom of the plate in the centre.If the plate is cool, food may be warm but will lose heat quickly as the plate will absorb the heat and taste cold when served.
If food is not heated enough, consumption may cause illness.

Elevation —
Elevate pastries and breads on a small plastic rack with paper towel under the food to prevent it from becoming soggy.

Caution:

Pastry items which have a filling that is high in fat., sugar or moisture will become hotter in the centre and the pastry may only feel warm. Ensure you allow it to stand for several minutes before eating.

IMPORTANT POINTS TO CONSIDER WHEN REHEATING FOODS FROM THE FREEZER

VOLUME —
The greater the volume and the more dense the item, the longer it takes to reheat. E.g. frozen cake will take less time than frozen casserole.

LARGE VOLUME —
Large , dense, frozen precooked foods are best thawed on defrost until icy in the centre then heated on P7. This prevents overcooking of the edges. Stirring is often needed to distribute heat evenly.

Commercial frozen foods —
These foods should be removed from their foil containers if possible and placed into suitable microwave safe containers. If a foil container is used in the microwave oven it shouldn't be more than 4 cm high and must not touch the interior of the microwave oven. Remove the cover from the tray and replace with paper towel or plastic wrap to prevent splattering.

Foods to be served at room temperature —
For best results, defrost for a short time and allow to stand to complete thawing, e.g. frozen cake.

Vacuum sealed pouches —
Pierce pouches, bags before heating to allow steam to escape. this prevents bursting.

Containers —
Use dishes about the same volume of the food or slightly larger to allow for stirring. Remove or release snap seal lids other wise they will pop during heating and may disfigure.

Pies and pastries —
Pies and pastries that contain raw pastry and filling cannot be cooked in the microwave oven. Pre-cooked products can be thawed and heated. Place them on a sheet of paper towel and elevate on plastic rack for best results. For added crispness place under the grill or in a hot oven for few minutes. Pastry items can become tough and rubbery if overheated, remember to allow 5 minutes standing then test before adding extra heating time.

Pumpkin Soup

Serves: 4

Recipe Prompting

Ingredients:

1 kg	pumpkin, chopped and peeled
1	onion, diced
2 cups	chicken stock
1 teaspoon	curry powder
	pepper

Method:

Place pumpkin and onion in 2-litre casserole dish. Cover and cook on P10 for 12 minutes. Add chicken stock, curry powder and pepper. Cook on P10 for 10 minutes. Cool slightly. Purée pumpkin and liquid in blender or food processor. Pour into individual serving dishes and garnish with chives.

Short and Long Soup

Serves: 4

Ingredients:

200 g	fresh singapore noodles
12	dim sims, frozen
4	shallots, sliced
1 litre	chicken stock
1 teaspoon	crushed garlic
½ teaspoon	chopped ginger
2 tablespoons	soy sauce
1	chicken breast, cooked and sliced
4	baby bok choy, quartered
1 cup	bean sprouts
2 tablespoons	dried onion

Method:

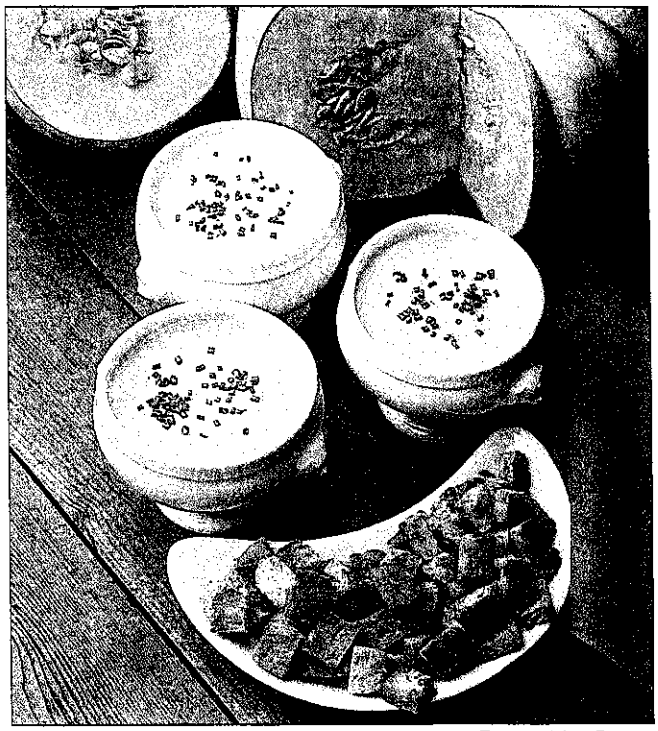
1. Place all ingredients except bok choy and bean sprouts in a 4 litre casserole dish and cook on p10 for 10 minutes.
2. Add bok choy and cook on P10 for 2 minutes.
3. Serve in individual bowls topped with bean sprouts and onion.

Hints:

To cook 1 double chicken breast. Place onto dinner plate. Cover and cook on P7 for 8 to 10 minutes.

Hints:

To reheat a single portion of soup. Place in a microwave safe dish and cook on P7 for 2 to 3 minutes.



Pumpkin Soup

Tomato Bacon Soup

Serves: 4 to 6

Ingredients:

4	bacon rashers, chopped
1	onion, chopped
1 can (840 g)	tomatoes
2 tablespoons	tomato paste
2 cups	chicken stock
1 teaspoon	oregano
	pepper

Method:

Place bacon and onion in 4-litre casserole dish. Cook on P10 for 3 minutes. Add remaining ingredients and stir. Cook on P10 for 16 to 18 minutes, stirring once during cooking. Purée in food processor or blender and serve in individual soup bowls.

Potato and Leek Soup

Serves: 4 to 6

Recipe Prompting

Ingredients:

800 g	potatoes, peeled and diced
1½ cups	thinly sliced leeks
2 teaspoons	thyme
	pepper
2 cups	chicken stock
150 ml	cream (optional)

Method:

Place potatoes, leeks, thyme and pepper in 4-litre casserole dish. Cover and cook on P10 for 8 to 10 minutes. Stir in 2 cups of chicken stock. Cover and cook on P10 for 14 to 16 minutes. Purée soup mixture. Add cream, stir and serve hot or cold in individual bowls.

Pea and Ham Soup (S)

Serves: 6 to 8

Ingredients:

500 g	split peas
500 g	ham or bacon bones
1	bay leaf
2 rashers	bacon, chopped
1	carrot, peeled and diced
½ teaspoon	thyme
6 cups	chicken or bacon stock

Method:

1. Cover peas with water and soak over night. Drain.
2. Place peas with 3 cups of water in a 4 litre casserole dish. Add bones and bay leaf. Cover with plastic wrap .
3. Cook on Sensor Legumes.
4. When oven beeps. Drain. Remove meat from bones and discard bay leaf. Return to casserole dish with the remaining ingredients. Continue to cook and stir twice during remaining cooking time.
5. Allow to cool slightly. Puree.

To cook by manual microwave:

Follow steps 1 and 2 above.

Cook on P10 for 10 minutes. Reduce power to P6 cook for 15 minutes. Drain. Remove meat from bones and discard bay leaf. Return to casserole dish with remaining ingredients. Continue to cook on P6 for 35 to 40 minutes. Stirring twice during cooking.

Oyster Soup

Serves: 4 to 6

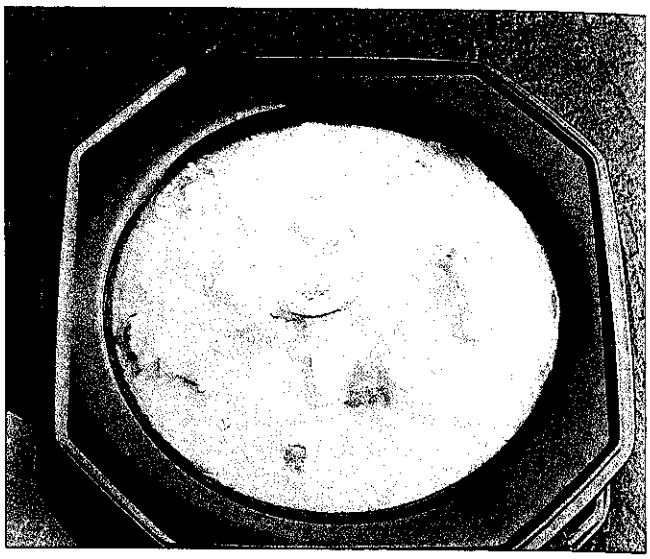
Ingredients:

30 g	butter
2 tablespoons	flour
2 cups	chicken stock
½ cup	cream
20	bottled oysters, drained
	salt and white pepper
	snipped chives to garnish

Method:

Place butter in 2-litre casserole dish and cook on P10 for 1 minute. Add flour, stir well and cook on P10 for 30 seconds. Gradually add stock, stirring continuously. Cook on P10 for 3 to 5 minutes, stirring halfway through cooking. Add cream, oysters, salt and pepper. Cook on P7 for 1 to 2 minutes. Spoon into individual dishes and garnish with chives.

Reheating soups:
Stir before heating and at least once through reheat time and again at the end.



Potato and Corn Soup

Potato and Corn Soup

Serves: 6 to 8

Ingredients:

6	rashers bacon, rind removed
1	onion, thinly sliced
500 g	potatoes, peeled and diced
4 cups	chicken stock
1 can (440 g)	creamed corn
2 tablespoons	flour, mixed with a little stock
½ teaspoon	thyme
	salt and pepper

Method:

Chop bacon and place in 4-litre dish. Cook on P10 for 2 to 3 minutes. Remove bacon from dish and set aside. Add onion and potatoes to dish and cook on P10 for 8 to 10 minutes. Add stock and cook on P10 for a further 8 to 10 minutes. Mix flour with 2 tablespoons of stock and add to dish with corn, thyme and bacon. Cook on P10 for 4 to 5 minutes. Stir halfway through cooking. Season with salt and pepper.

Creamy Broccoli Soup (S)

Serves: 4

Ingredients:

750 g	broccoli
6 cups	boiling chicken stock
150 ml	cream
2 tablespoons	chopped parsley
	salt and freshly ground black pepper

Method:

Cut broccoli into small pieces. Place into 3-litre casserole dish. Add stock to dish. Cover and cook on P10 for 16 to 18 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.

Press **Vegetables**, then ***Start***.

Drain and reserve 2 cups of liquid. Purée broccoli with 2 cups of liquid in blender or food processor. Stir in cream and parsley. Cook on P6 for 2 to 3 minutes. Season with salt and pepper. Serve.

Chicken and Prawn Laksa

Serves: 4

Ingredients:

Laksa:

250 g	rice noodles
8 cups	boiling water
	leaves from 1 bunch of coriander
4	small red chillies, seeds removed and finely chopped
½ cup	bean sprouts
4	thin slices lime
1 tablespoon	peanut oil
400 g	cooked chicken tenderloins, sliced
12	green king prawns, peeled

Soup:

2	medium size white onions, peeled and diced
1 tablespoon	peanut oil
2	cloves garlic, crushed
2 teaspoons	ground cumin
2 teaspoons	ground coriander
2	small red chillies, seeded and sliced
2 tablespoons	thai red curry paste
2 cups	coconut milk
2 cups	chicken stock
1 tablespoon	soy sauce
	fresh ground black pepper

Method:

Laksa:

Place the noodles and water in a 4 litre dish. Cover and cook on P10 for 8 to 10 minutes, stirring halfway through. Drain well and divide between 4 deep bowls. Place the coriander, chillies, bean sprouts and lime on top. Place the peanut oil and prawns in a 1-litre dish and cook on P7 for 3 to 5 minutes, stirring halfway through. Add the chicken and prawns to each individual dish and set aside.

Soup:

Place the onions and peanut oil in a 3 litre dish. Cook on P10 for 3 to 5 minutes, stirring halfway through. Add the garlic, cumin, coriander, chillies, curry paste and cook on P10 for 2 to 3 minutes. Add the coconut milk, stock, soy sauce and pepper and cook covered on P10 for 6 to 8 minutes.

To serve:

Pour the hot soup into the 4 bowls and serve.

HINT:
TO COOK BACON RASHERS:
Place 2 rashers of bacon between 2 sheets of paper towel on a pie plate and cook on P10 for 1 to 2 minutes.

Roasted Nuts

Serves: 2 to 4

Ingredients:

1 cup (150 g)	raw peanuts (with or without skins, and unsalted)
2 teaspoons	salad oil
	salt to taste

Method:

Place peanuts in a single layer on pie plate. Drizzle nuts with oil and sprinkle with salt. Cook on P10 for 4 to 6 minutes, stirring every 2 minutes during cooking, until golden brown. Stir well. Serve hot or cold in a small bowl.

Popcorn

Serves: 2 to 4

Ingredients:

3 tablespoons	popping corn

Method:

Place popping corn in loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on P10 for 2½ to 3½ minutes. Remove from bag and serve, sprinkled with salt and melted butter.

Note:

Do not leave popcorn unattended while popping in the microwave oven as it can easily burn.

Ham and Cheese Croissants

Serves: 2

Ingredients:

2	croissants
2	slices ham
2	slices tasty cheese
	salt and pepper

Method:

Cut croissant in half lengthwise. Place cut side up on dinner plate. Place ham on top of each croissant. Place cheese on top of ham. Close. Cook on P7 for 1 to 1½ minutes. Season to taste with salt and pepper. Serve.

HINT:
TO REHEAT A CROISSANT:
Wrap in paper towel and place on a dinner plate, cook on P10 for 15 to 30 seconds.

Mini Pizzas

Serves: 2 to 4

Ingredients:

4	small round pita breads
2 tablespoons	tomato paste
¾ cup	grated mozzarella cheese
½ cup	chopped salami
50 g	mushrooms, chopped
2	tomatoes, chopped
1 teaspoon	mixed dried herbs

Method:
Place pita bread onto dinner plate. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on P6 for 3 to 5 minutes.

Speedy Nachos

Serves: 2 to 4

Recipe Prompting

Ingredients:

1 can (310 g)	red kidney beans, drained
1 cup	chilli salsa
200 g	packet corn chips
1 cup	grated cheese

Method:
Mix kidney beans and salsa in 1-litre dish. Place corn chips in the base of a flat dish. Pour sauce over beans and top with grated cheese. Cook on P10 for 4 to 5 minutes.

Note: Chilli salsa can be substituted with your favourite tomato relish.

Nuts and Bolts

Serves: 6 to 8

Ingredients:

80 g	butter
2 teaspoons	curry powder
2 tablespoons	worcestershire sauce
½ teaspoon	salt
¼ teaspoon	garlic powder
52 g	packet mixed rice crackers
75 g	packet sesame bits (rice crackers)
200 g	salted peanuts
125 g	packet pretzel sticks
½ cup	Nutri-Grain

Method:
Place butter, curry, worcestershire sauce, salt and garlic powder in 3-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add remaining ingredients, mix well and cook on P10 for 4 to 5 minutes. Stir twice through cooking. Allow to cool. Place in a bowl and serve with drinks. Store in an airtight container once cool.

HINT:
TO MAKE CROUTONS:
Remove crusts from 3 slices of bread and cut into cubes. Place in a pyrex bowl with 1 tablespoon of butter and cook on P10 for 2 to 3 minutes.

Frankfurters

Serves: 5

Ingredients:

10	large frankfurters
¼ cup	water

Method:
Place frankfurters in 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish. Cover dish with lid or plastic wrap. Cook on P10 for 3½ to 4 minutes.

Tip: To cook one large frankfurter, prick and place on dinner plate. Cook on P6 for 30 to 60 seconds.

Nachos Supreme

Serves: 4 to 6

Ingredients:

500 g	topside mince
1	onion, chopped
35 g	packet Taco seasoning mix
1 can (140 g)	tomato paste
1 teaspoon	Mexican chilli powder
1 can (310 g)	red kidney beans, mashed in liquid
180 g	packet corn chips
1	avocado
½ cup	sour cream
½ cup	grated cheese
	paprika

Method:
Place meat and onion in 2-litre dish. Cover and cook on P7 for 6 minutes. Mix with fork, breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on P7 for further 10 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle with paprika. Heat on P7 for 3 to 4 minutes.

Pâté

Makes: 2 cups

Ingredients:

2	rashers bacon, rind removed and bacon chopped
1	small onion, finely chopped
1	clove garlic, crushed
125 g	butter
375 g	chicken livers, trimmed and cut in half
½ teaspoon	pepper
2 tablespoons	brandy
2 tablespoons	sour cream

Method:
Place bacon, onion, garlic and butter into 1-litre casserole dish. Cook on P10 for 3 to 4 minutes. Add chicken livers and pepper to mixture. Cover and cook on P6 for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in blender or food processor. Add brandy and sour cream. Process until smooth. Pour into 2-cup mould and refrigerate until set.

Directions for Cooking Fish and Shellfish by Microwave

Clean fish before starting the recipe. Arrange fish in a single layer, overlap thin fillet ends to prevent overcooking. Prawns and scallops should be placed in a single layer.

Cover dish with plastic wrap. Cook on the power level and the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns, fish fillets or scallops.

Fish and Shellfish Chart for Microwave Cooking by Time

FISH OR SHELLFISH	AMOUNT	POWER	APPROX. COOKING TIME (in minutes)
Fish Fillets	500 g	P4	8 to 10
Scallops (sea)	500 g	P4	6 to 8
Green Prawns medium size (shelled and cleaned)	500 g	P4	7 to 9
Whole Fish (stuffed or unstuffed)	500 g to 600 g	P4	7 to 10

Directions for cooking fish by Sensor/Auto Cook (S) [A]

Fish (120 g - 500 g)

- Suitable for cooking whole fish and fish fillets.
- Select fish suitable for microwave cooking and place in a single layer in a shallow dish, with skin-side down.
- Add butter, spices, herbs, or lemon juice to flavour.
- Overlap thin edges of fillets to prevent overcooking.
- If stuffing whole fish with seasoning, cooking time may need to be extended.
- Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking.
- Cover dish securely with plastic wrap or fitted lid.
- Anytime during the cooking time, the oven will 'beep' and prompt you to turn over and rearrange.
- Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

To Operate for Sensor Cook:
Press [*10 Fish*] then Start.

To Operate for Auto Cook:
Press **Auto Cook** to number 10. Select Weight [*Serving/Weight*]. Press ***Start***.

Gingered Whole Fish (S)

Serves: 4

Ingredients:

2 x 400 g	whole bream, cleaned
1 tablespoon	sweet sherry
¼ cup	soy sauce
1 teaspoon	minced ginger
3	spring onions, sliced
1 tablespoon	peanut oil

Method:
Place fish in shallow casserole dish. Combine sherry, soy sauce, minced ginger and spring onions and peanut oil in 1-litre jug. Pour sauce mixture over fish. Cover and cook on P4 for 4 to 5 minutes. Turn over and recover. Cook on P4 for 4 to 6 minutes.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Fish**, then ***Start***.

Smoked Red Cod (S) [A]

Serves: 2 to 4

Ingredients:

2 (approx. 500 g)	medium sized smoked red cod fillets
1 tablespoon	butter, melted
3 teaspoons	water
	freshly ground black pepper

Method:
Place all ingredients in large casserole dish. Cover and cook on P4 for 5 to 7 minutes or until cooked and fish flakes when tested with a fork. Season to taste.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Fish**, then ***Start***.
To cook by Auto Cook:
Prepare as above. Press [*10 Fish*], then select 500 g weight, then ***Start***.

Whole Stuffed Fish (S) [A]

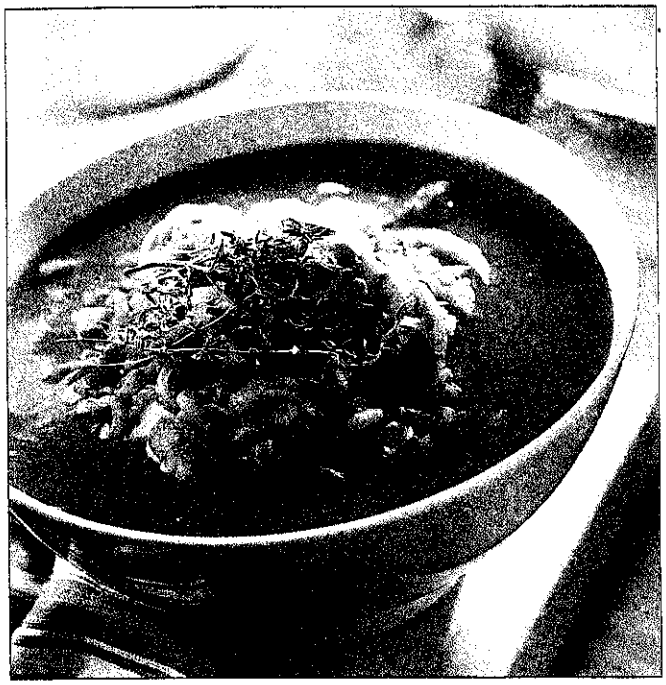
Serves: 2

Ingredients:

500 g	whole fish, cleaned and scaled (Bream or Snapper)
2 tablespoons	melted butter, divided
Stuffing:	
1 cup	fresh breadcrumbs
4	spring onions, sliced
1 teaspoon	dried basil
	juice of ½ lemon
2 tablespoons	chopped parsley
	freshly ground black pepper

Method:
Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a rack in 3-litre casserole dish and cook on P4 for 7 to 9 minutes. Stand, covered, for 5 minutes.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Fish**, then ***Start***.
To cook by Auto Cook:
Prepare as above. Press [*10 Fish*], then select 500 g weight, then ***Start***.

HINT:
When cooking whole fish, remove or shield the eyes before cooking to prevent eyes exploding.



Bouillabaisse

Bouillabaisse

Serves: 4 to 6

Ingredients:

2 tablespoons	olive oil
2	onions, sliced
1	large leek, sliced
4	cloves garlic, crushed
400 g	can tomato pieces
½ cup	tomato paste
4 cups	hot fish stock
⅓ cup	dry white wine
1 tablespoon	fresh thyme leaves
½ teaspoon	saffron powder
1 teaspoon	chilli powder
	freshly ground black pepper
	salt
500 g	firm fish fillets, chopped
1 kg	green prawns, peeled

Method:

Place oil, onions, leek and garlic in a 4 litre dish. Cover and cook on P10 for 6 to 8 minutes. Stir halfway through cooking. Add tomatoes , tomato paste, fish stock, wine, thyme, saffron, and chilli powder. Season with salt and pepper. Cook on P10 for 12 to 15 minutes. Add fish fillets and prawns. Cook on P10 for 6 to 8 minutes or until seafood is cooked. Serve garnished with fresh thyme.

Noise

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking if the skin and flesh is pierced serveral times with a skewer.

Sweet Scallop Stir Fry

Serves: 2 to 4

Ingredients:

1 tablespoon	oil
1	onion, quartered
½ teaspoon	crushed garlic
½	large red capsicum, sliced
2	sticks celery, sliced
2 tablespoons	sliced water chestnuts
100 g	snow peas
1 tablespoon	honey
1 tablespoon	sweet chilli sauce
1 tablespoon	chopped mint
500 g	scallops

Method:

In a 2-litre casserole dish place oil, onions and garlic. Cook on P10 for 1 to 2 minutes. Add remaining ingredients and cook on P10 for 3 to 5 minutes, stir halfway through cooking. Serve immediately.

Oysters Kilpatrick

Makes: 12

Ingredients:

2 rashers	bacon, rind removed and bacon finely chopped
1 tablespoon	worcestershire sauce
2 teaspoons	lemon juice
12	oysters in shell

Method:

Mix together bacon, worcestershire sauce and lemon juice in small bowl. Cover bacon mixture with paper towel and cook on P10 for 1 to 2 minutes. Place oysters in shell evenly around dinner plate and sprinkle with bacon mixture. Cook on P10 for 1 to 1½ minutes. Serve with drinks or as an entree.

Salmon Mornay

Serves: 4

Ingredients:

40 g	butter
1	onion, diced
¼ cup	flour
1 tablespoon	fresh parsley, chopped
	pepper
½ teaspoon	prepared mustard
1½ cups	milk
1 can (440 g)	salmon, de-boned
¾ cup	fresh bread crumbs
⅓ cup	grated cheese

Method:

Place butter and onion in a 4-cup jug. Cook on P10 for 1 minute. Add flour and cook on P10 for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on P10 for 2 to 3 minutes, stir halfway through cooking. Lightly mix through salmon and liquid into sauce. Pour into serving dish and top with bread crumbs and cheese. Cook for further 4 to 5 minutes on P10 power.

Tomato Basil Mussels

Serves: 4

Ingredients:

1 kg	fresh mussels
¼ cup	water
1 tablespoon	olive oil
1	leek, sliced
1	clove garlic, crushed
1 can (440 g)	tomato pieces
1 tablespoon	tomato paste
½ teaspoon	oregano
2 tablespoons	chopped fresh basil
	freshly ground black pepper

Method:
Place mussels and water into a bowl. Cover and cook on P7 for 3 to 5 minutes. Set aside. Place oil, leeks and garlic into a shallow dish. Cover and cook on P10 for 2 minutes. Stir well and allow to stand. In a 3-litre casserole dish combine tomatoes, tomato paste, oregano, basil and pepper. Mix well. Cook on P10 for 3 to 4 minutes. Add mussels. Cover and cook on P10 for 2 to 3 minutes. Serve immediately.

Salmon Steaks with Lime Butter (S) A

Serves: 4

Ingredients:

60 g	butter
1	clove garlic, crushed
1 teaspoon	grated fresh ginger
1 teaspoon	grated lime rind
2 tablespoons	lime juice
½ teaspoon	sugar
500 g	salmon, steaks
1 tablespoon	chopped fresh parsley

Method:
Place butter, garlic, ginger, lime rind, juice and sugar in a shallow dish. Cook on P7 for 1 to 2 minutes. Stir halfway through cooking. Add salmon steaks and coat with sauce. Cover and cook on P5 for 5 to 7 minutes. Stand for 2 to 3 minutes before serving.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap. Press **Fish**, then ***Start***.
To cook by Auto Cook:
Prepare as above. Cover with plastic wrap. Press ***10 Fish*** ,select weight 500 g, then ***Start***.

Lemon Pepper Fish (S) A

Serves: 2

Recipe Prompting

Ingredients:

300 g	fish fillets
¼ cup	lemon juice
1 teaspoon	cracked black (ground) pepper

Method:
Place fish, lemon juice and cracked black pepper in 1-litre casserole dish. Cook on P6 for 4 to 6 minutes. Let stand for 3 minutes before serving.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap. Press **Fish**, then ***Start***.
To cook by Auto Cook:
Prepare as above. Press ***10 Fish*** ,then select 370 g weight, then ***Start***.

For fish with a strong odour, eliminate the smell after cooking by placing 600 ml of boiling water and 1 slice lemon in a large bowl, cook on P10 for 20 mins. Wipe out oven with a dry cloth.

Seafood Marinara

Seafood Marinara

Serves: 4

Ingredients:

250 g	scallops
250 g	green prawns, shelled and deveined
1 (approx. 275 g)	squid, cleaned and sliced
2 tablespoons	butter
1	clove garlic, crushed
2	tomatoes, peeled and chopped
1 tablespoon	tomato paste
¼ cup	white wine
1 teaspoon	basil
	pepper
	chopped parsley

Method:
Place cleaned seafood into 2-litre casserole dish. Set aside. Place butter and garlic in 1-litre casserole dish. Cook on P7 for 1 minute. Add remaining ingredients (except seafood), to dish and cook on P10 for 5 minutes. Purée tomato mixture in blender or food processor and pour over seafood. Cook on P6 for 7 to 9 minutes. Stand for 5 minutes. Serve with salad and pasta.

Garlic Prawns

Serves: 2

Recipe Prompting

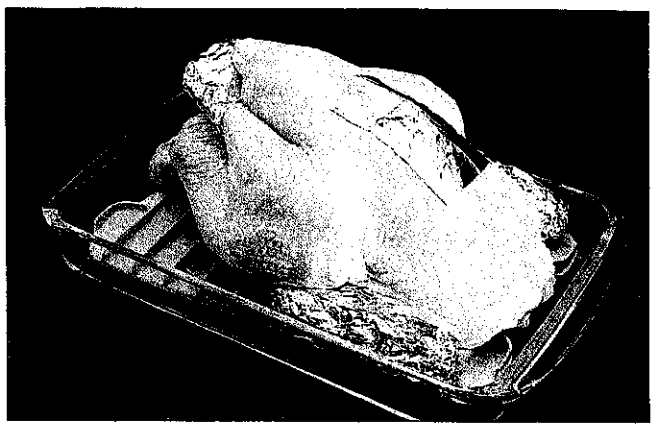
Ingredients:

60 g	butter
1 teaspoon	minced garlic
1 tablespoon	lemon juice
1 tablespoon	chopped parsley
500 g	peeled green prawns

Method:
Place butter and garlic in 1-litre dish and cook on P10 for 30 to 50 seconds. Add lemon juice, parsley and prawns. Cook on P6 for 5 to 7 minutes, stirring halfway through cooking. Serve in individual ramekins.

Directions for Cooking Whole Poultry by Microwave

Season as desired, but salt after cooking. Browning sauce mixed with equal parts of butter will enhance the appearance.
Poultry must be unstuffed. Tie legs together with cotton string. Place on a microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.
If the poultry is not cooked enough, return it to the oven and cook a few more minutes at the recommended power level.
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.
Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalize throughout the food and finishes the cooking process.
If a large amount of juice accumulates in the bottom of the baking dish, occasionally drain it. If desired, reserve juices for making gravy.
Less-tender birds should be cooked in liquid such as soup or broth. Use ¼ cup per 500 g of poultry.
Use an oven cooking bag or a covered casserole. Select a covered casserole deep enough so that bird does not touch the lid.
If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits on top of bag.
Multiply the weight of the poultry by the minimum recommended minutes per 500 g. See chart below. Programme Power and Time.
After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer inserted into the muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down after standing time.
During cooking, it may be necessary to shield legs, wings and the breast bone with foil to prevent overcooking. Wooden toothpicks can be used to hold foil in place.



Directions for Cooking Poultry Pieces by Microwave

Cover with wax paper or paper towel. Use the chart below to determine recommended minimum cooking times.
Arrange pieces skin-side down and evenly spread in a shallow dish.
Turn or rearrange halfway through cooking. Shield wing tips, drumstick ends etc., if required.

Poultry Chart for Microwave Cooking by Time

POULTRY	POWER	TEMPERATURE AFTER COOKING	APPROX. COOKING TIME (minutes per 500 g)
Chickens (up to 2 kg)	P7	87°C	10 to 15
Chicken (pieces)	P7	87°C	8 to 10
Turkey	P7	87°C	10 to 15
Duck	P7	87°C	10 to 15

Directions for Cooking Whole Chicken by Sensor Cook (S)

Whole Chicken (1.4 kg - 2.0 kg)

- Whole chickens should be cooked directly from the refrigerator and totally thawed.
- Tie legs together with string.
- Place onto a microwave rack set inside a dish.
- Place whole poultry breast side down.
- Do not stuff poultry with raw meat, bread crumbs or cooked rice, seasonings may be used.
- Marinate or baste chicken before cooking for added flavour and colour.
- Cover dish completely and securely with plastic wrap.
- Anytime during the cooking time, the oven will 'beep' and instruct you to turn over. At this time, shield the wings and drumstick ends, if needed. Remove plastic.
- Let stand 10 to 15 minutes at the completion of cooking. This makes carving the meat easier and ensures that the heat is even throughout.

To Operate: Press ***12 Whole Chicken*** then press ***Start***.

Directions for Cooking Chicken Pieces by Sensor Cook (S)

Chicken Pieces (250 g - 1.5 kg)

- Suitable for cooking chicken pieces.
- Chicken pieces should be completely thawed before cooking.
- Marinate chicken pieces before cooking for added flavour and colour.
- Arrange chicken pieces skin side down with thicker, meatier portions towards the edge of dish.
- Cover dish securely with plastic wrap.
- Anytime during the cooking time, the oven will 'beep' and instruct you to turn over/rearrange. Remove the plastic wrap completely from dish. There is no need to re-cover.
- Let stand 5 to 10 minutes at the completion of cooking.

To Operate: Press ***11 Chicken Pieces*** then press ***Start***.

Directions for Cooking Chicken Pieces by Auto Cook A

Chicken Pieces (400 g - 1000 g)

- Suitable for cooking chicken pieces such as wings, drumsticks, thighs, half breasts etc.
- Chicken pieces should be thawed completely before cooking.
- Marinate chicken pieces prior to cooking, for added flavour and colour.
- Arrange chicken pieces in a single layer in a dish with the thickest portions at the edge of the dish.
- Halfway through the cooking time, the oven will 'beep' and prompt you to turn over and rearrange the chicken pieces.
- At the end of cooking, stand covered, for 5 to 10 minutes before serving.

To Operate: Press **Auto Cook** to number 12.

Select Weight ***Serving/Weight***, then press ***Start***.

Directions for Cooking Eggs by Microwave

Boiled Eggs: Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury.

Poached Eggs: The membrane on egg yolks must be pierced before cooking, otherwise steam will build up and cause yolk to pop.

Scrambled Eggs: Slightly undercook scrambled eggs as they will finish cooking during standing.

Green Peppercorn Chicken

Serves: 4

Recipe Prompting

Ingredients:

500 g	sliced chicken breast fillets
	ground black pepper
2 tablespoons	green peppercorns
1 tablespoon	seeded mustard
1 teaspoon	chicken stock powder
2 tablespoons	lemon juice
½ cup	cream

Method:

Place butter in a 3-litre casserole dish. Cook on P10 for 20 sec. Add chicken and cook on P7 for 8 to 10 minutes stirring halfway through cooking. Mix together mustard, stock powder, lemon juice and cream. Pour over chicken, stir. Cook on P10 for 2 to 3 minutes.

Honey Mustard Drumsticks (S) A

Serves: 3 to 4

Ingredients:

8	chicken drumsticks
2 tablespoons	worcestershire sauce
¼ cup	honey
1 tablespoon	seeded mustard
1 teaspoon	curry powder

Method:

Place drumsticks into a shallow casserole dish. Mix together the remaining ingredients and combine with the drumsticks. Marinate for at least 2 hours in the refrigerator. Cook on P7 for 15 to 20 minutes, turning halfway through cooking. Serve with boiled rice or noodles.

To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap. Press **Chicken Pieces**, then ***Start***.

To cook by Auto Cook:
Prepare as above. Press ***12 Chicken Pieces*** then select weight 1000 g, then ***Start***.

Chicken Cacciatore

Serves: 4

Recipe Prompting

Ingredients:

1 can (440 g)	tomatoes
¼ cup	tomato paste
1 teaspoon	minced garlic
1	onion, diced
2 teaspoons	dried oregano
1 kg	chicken drumsticks

Method:

Place all ingredients in 2-litre casserole dish. Stir until combined. Cover and cook on P7 for 10 to 12 minutes. Turn chicken and stir. Cook on P7 for 10 to 12 minutes.

HINT:
After cooking whole poultry, cover with foil to retain heat while finishing the remainder of the meal.

Roast Chicken (S)

Serves: 4 to 6

Ingredients:

1.5 kg	chicken
2 tablespoons	melted butter
	seasonings of your choice
	lemon, pepper, seasoned salt, etc.

Method:

Clean and pat dry chicken with paper towel. Brush chicken with melted butter and sprinkle with seasoning. Place chicken, breast-side down, on rack in 3-litre dish. Cook on P7 for 30 to 35 minutes. Turn halfway through cooking.

To cook by Sensor Cook: Prepare as above. Cover with plastic wrap. Press **Whole Chicken** then ***Start***.

Chicken Burritos

Serves: 4 to 6

Ingredients:

1	clove garlic, crushed
2	large onions, chopped
1 teaspoon	chilli powder (optional)
1 (35 g)	packet taco seasoning mix
500 g	chicken tenderloins, diced
1 can (425 g)	red kidney beans
½ cup	tomato paste
½ cup	water
1 cup	grated cheese
10	tortillas

Method:

Combine all ingredients except cheese and tortillas in 3-litre casserole dish. Cover and cook on P7 for 18 to 20 minutes, stirring twice during cooking. Serve in warmed tortillas topped with grated cheese.

Thai Chicken Wings (S) A

Serves: 3 to 4

Ingredients:

1 kg	chicken wings
2 tablespoons	soy sauce
2 tablespoons	fish sauce
2 tablespoons	lime juice
1 teaspoon	crushed garlic
1 teaspoon	crushed ginger
1 teaspoon	crushed chilli

Method:

Place drumsticks into a shallow dish. Combine remaining ingredients and pour over drumsticks. Marinate for at least 2 hours in the refrigerator. Drain chicken from marinade and return to dish. Cook on P7 for 15 to 20 minutes, rearranging halfway through cooking.

To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap. Press **Chicken Pieces**, then ***Start***.

To cook by Auto Cook:
Prepare as above. Press ***12 Chicken Pieces*** then select weight 1000 g, then ***Start***.

Chicken Rolls with Honey Mustard

Serves: 4 to 6

Ingredients:

8	chicken thigh fillets
16	prunes, pitted
8	spring onions
2 tablespoon	flaked almonds
4 rashers	rindless bacon, halved lengthwise

Honey Mustard Glaze

1 tablespoon	brown sugar
1 tablespoon	French Mustard
1 tablespoon	honey
10 g	butter, melted
	ground black pepper

Method:

Open out each thigh fillet and trim away fat. Place 2 prunes, some spring onion and a few flaked almonds on each fillet. Roll fillets up and wrap a piece of bacon around each one. Secure with toothpicks. Blend all glaze ingredients together in a small bowl. Place chicken into a 3-litre dish in a single layer and brush with glaze mixture. Cook on P7 for 16 to 20 minutes, turning halfway through cooking.

Chicken and Asparagus Risotto

Serves: 4

Ingredients:

300 g	fresh asparagus, chopped
2 tablespoon	olive oil
1 ½ cups	arborio rice
1	clove garlic, crushed
4 cups	boiling chicken stock
2 cups	coarsely chopped cooked chicken
¼ cup	grated fresh parmesan cheese
¼ cup	cream
	ground black pepper
extra	coarsely grated parmesan cheese

Method:

Place asparagus into 2-litre dish and cook on P10 for 1 minute.Set aside. Place oil, rice and garlic in a large microwave safe bowl. Cook covered on P10 for 1 minute. Add 2 cups of boiling chicken stock, cook on P10 for 5 minutes. Stir twice during cooking. Add remaining chicken stock and cook on P10 for another 5 minutes. Add remaining ingredients along with asparagus and stir into risotto. Cook covered on P10 for 2 minutes. Stand for 5 minutes. Serve topped with extra parmesan and black pepper.

HINT:

- A No. 15 (1.5 kg) chicken will make 4 cups of diced cooked chicken.
- 2 whole breasts will make 2 cups of diced cooked chicken.
- 1 chicken maryland will make 1 cup of diced cooked chicken.

Honey Sesame Drumsticks (S) A

Serves: 3 to 4

Recipe Prompting

Ingredients:

1 kg	chicken drumsticks
1 teaspoon	chopped garlic
1 teaspoon	chopped ginger
¼ cup	soy sauce
¼ cup	honey
2 tablespoons	sesame seeds

Method:

Place all ingredients in 2-litre bowl, stir until combined. Marinate for at least 2 hours or overnight. Remove chicken from marinade and place in shallow dish with the meatiest ends to the outside. Cook on P7 for 18 to 20 minutes, turning once during cooking.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Chicken Pieces**, then ***Start***.

To cook by Auto Cook:

Prepare as above. Press ***12 Chicken Pieces*** then select weight 1000 g, then ***Start***.

Chicken Wings in Lemon Sauce (S) A

Serves: 4 to 6

Ingredients:

1 kg	chicken wings
¼ cup	soy sauce
1 teaspoon	ginger powder
2	cloves garlic, crushed
¼ cup	lemon juice

Method:

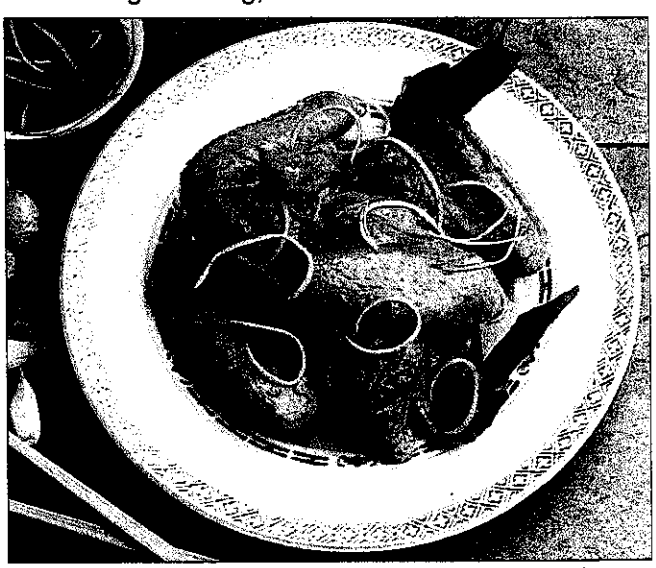
Place chicken wings in 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinate for 1 to 2 hours in the refrigerator. Cook, covered, on P7 for 15 to 20 minutes. Serve hot with rice.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Chicken Pieces.**, then ***Start***.

To cook by Auto Cook:

Prepare as above. Press ***12 Chicken Pieces*** then select weight 1000 g, then ***Start***.



Chicken Wings in Lemon Sauce

Coq au Vin (S)

Serves: 4 to 6

Ingredients:

750 g	chicken thigh fillets, diced
4 rashers	bacon, chopped
8	baby onions, peeled
2 cloves	garlic, crushed
½ cup	white wine
1½ cups	chicken stock
¼ cup	tomato paste
300 g	button mushrooms
1 tablespoon	plain flour

Method:

Place chicken, bacon, onions and garlic in a 3-litre casserole dish cook on P10 for 8 to 10 minutes. Add remaining ingredients except flour cook on P6 for 20 to 25 minutes, stirring halfway through cooking. Mix flour with two tablespoons water and stir into chicken mixture. Cook on P10 for 2 to 3 minutes. Serve with rice or crusty bread.

To cook by Sensor Cook:

Place all ingredients in a 3-litre casserole dish cover with plastic wrap. Press **Slow Cook**, then ***Start***.

Chicken Curry

Serves: 4

Recipe Prompting

Ingredients:

1	onion, chopped
2 tablespoons	red curry paste
500 g	chicken fillets, sliced
2 cups	finely sliced vegetables
1 cup	coconut milk

Method:

Place onion and curry paste in 3-litre casserole dish. Cook on P10 for 3 to 4 minutes. Add chicken and combine. Cook on P7 for 6 minutes, stirring once during cooking. Add vegetables and coconut milk. Stir well. Cover and cook on P10 for 4 to 6 minutes. Serve with Jasmine rice.

Chicken and Potato Casserole

Serves: 4

Ingredients:

1	BBQ (cooked) chicken
500 g	potatoes, peeled and thinly sliced
1¼ cup	water
30 g	butter
1	onion, finely chopped
1	clove garlic, crushed
2 tablespoons	plain flour
1 cup	chicken stock
1 teaspoon	french mustard
½ cup	cream
¾ cup	grated tasty cheese
	paprika

Method:

Remove chicken meat from bones. Place potatoes and water in 2-litre casserole dish. Cover and cook on P10 for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in 4-cup glass jug and cook on P7 for 40 seconds. Add onion and garlic to jug and cook on P10 for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on P10 for 2 to 3 minutes. Stir every minute.

Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on P7 for 4 to 6 minutes. Serve with vegetables.

Spicy Chicken Curry

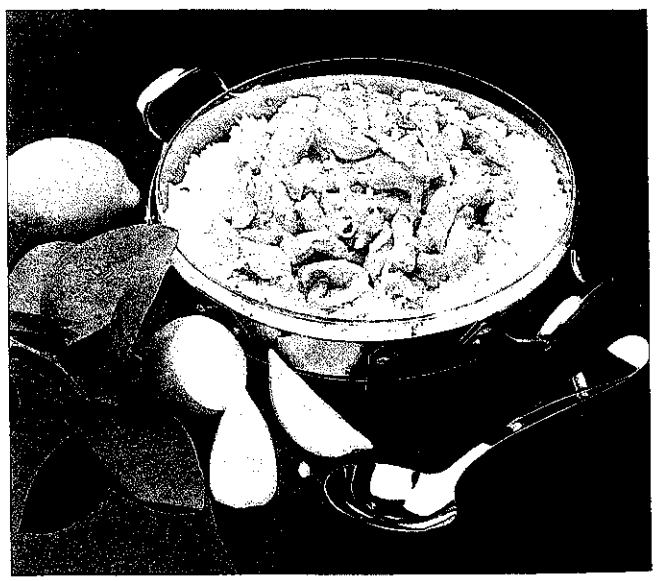
Serves: 4 to 6

Ingredients:

2 tablespoons	oil
1	onion, finely chopped
1	clove garlic, crushed
1 teaspoon	finely grated root ginger
2 teaspoons	ground coriander
½ teaspoon	ground turmeric
1 teaspoon	ground cumin
1 teaspoon	chilli powder
3 tablespoons	vinegar
1 kg	chicken breast fillets, cut into strips
1 cup	chicken stock
¼ cup	coconut cream

Method:

Place oil, onions, garlic and ginger in 3-litre dish and cook on P10 for 2 to 3 minutes. Add spices and vinegar to onion mixture and cook on P10 for 1 to 2 minutes. Add chicken and stock to onion mixture and cook on P6 for 10 to 15 minutes , stirring 2 to 3 times. Before serving, stir through coconut cream. Heat for 1 to 2 minutes on P6. Serve with rice, pappadums and sambals.



Spicy Chicken Curry

Egg and Bacon Slice

Serves: 4 to 6

Ingredients:

4 rashers	bacon, diced
1	onion, diced
2 cups	zucchini, grated
2 cups	grated carrot
100 g	grated tasty cheese
1 cup	self raising flour
5	eggs, lightly beaten
125 ml	vegetable oil
1 tablespoon	fresh chopped parsley
salt and pepper	

Method:

Lightly grease a 25 cm round microwave safe dish. Place bacon and onion in a 2-litre casserole dish and cook on P10 for 2 to 3 minutes. Allow to cool slightly. Stir in zucchini, carrot and cheese and flour. In a 1-litre bowl whisk together eggs, oil and parsiey. Add to bacon mixture season with salt and pepper and stir until combined. Pour into prepared dish. Cook on P6 for 13 to 15 minutes.

Bacon and Egg in a Cup

Serves: 1

Ingredients:

2 slices	bacon
1 x 61 g	egg
1 tablespoon	grated cheddar cheese

Method:

Place bacon on a dinner plate between 2 sheets of paper towel cook on P10 for 1 to 2 minutes.
Wap bacon around the inside of a 1-cup remekin dish. Crack egg into centre of dish and pierce with tooth pick. Cover and cook on P6 for 50 to 70 seconds. Sprinkle with grated cheese.

Cheesy Ham Omelette

Serves: 1 to 2

Ingredients:

3	eggs, separated
2 tablespoons	milk
	salt and pepper
¼ cup	grated cheese
50 g	ham, cut into strips
1	spring onion, finely sliced
	butter for greasing

Method:

Beat egg yolks with milk, salt and pepper in bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and spring onion. Place onto well greased dinner plate. Cook on P6 for 3 to 5 minutes. Stand for 2 minutes before folding in half to serve.

Poached Eggs

Serves: 2

Ingredients:

2 x 61 g	eggs
½ cup	hot tap water
	dash of vinegar
	pinch of salt

Method:

Place one quarter of cup of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls. Heat water on P10 for 30 - 60 seconds.
Break egg into the water and with toothpick pierce the egg yolk twice and egg white several times.
Cover dish with plastic wrap and cook on P6 for 1 to 1½ minutes.
Stand, covered, for 1 minute before serving.
Note: The size of the eggs will alter cooking time.

Fried Eggs

A good recipe for the browning dish.
Serves: 1 to 4

Ingredients:

1 to 4	eggs (61 g each)
1 to 2 tablespoons	butter

Method:

Preheat browning dish on P10 for 3 to 5 minutes. Add butter. Break eggs into browning dish. Cook on P10 power for:
1 egg - 15 to 20 seconds
2 eggs - 20 to 30 seconds
4 eggs - 30 to 40 seconds
Let stand for 1 minute before serving.

Scrambled Eggs

Serves: 2

Ingredients:

4 x 61 g	eggs
4 tablespoons	milk
	pinch of salt

Method:

In 1-litre casserole dish, beat eggs lightly with whisk. Add milk and salt. Whisk until well combined. Cover dish with plastic wrap and cook on P6 for 2 to 2½ minutes. Stir egg and cook for further 2½ to 3 minutes. Stand, covered, for 1 minute before serving.

Directions for Cooking Tender Cuts of Meat by Microwave

For best results, select roasts that are uniform in shape.
Place meat on a microwave rack in a suitable dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking, turn roasts. Half hams should be shielded by wrapping an 8 cm wide strip of foil around the large end of the ham. Secure to the body of the ham with wooden toothpicks. Fold 3 cm over cut surface. For shank ham halves, shield shank bone by cupping it with foil. One third of the way through cooking, remove ham from oven and cut off skin. Turn fat side up and reshield edges. If desired, glaze last 10 to 20 minutes of cooking. Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy. Multiply the weight of the roast by the minimum recommended times per 500 g. Programme Power and Time.
Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones. The shank and thin ends of boneless roasts should also be shielded. Make sure foil does not touch the sides of the oven, as arcing may occur. Canned hams should be shielded on the top cut-edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface. After heating, check temperature using a meat thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are low, return meat to the oven and cook a few more minutes at the recommended power level. DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes. During standing time the internal temperature equalises and the temperature rises 5°C to 10°C.

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use ½ to 2 cups of soup, broth, etc. per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid. If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise, use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape. Multiply the weight of the roast by the minimum recommended minutes per 500 g. Programme Power and Time. Turn meat over halfway through cooking. Meat should be tender when cooked.

Meat Chart for Microwave Cooking

MEAT	POWER	APPROX. COOKING TIME (minutes per 500 g)
Beef		
Roasts		
Rare	P6	8 to 10
Medium	P6	10 to 12
Well	P6	12 to 14
Chuck, Flank, Brisket	P2	25 to 30
Pork		
Leg of Pork	P7	12 to 15
Loin of Pork	P7	12 to 15
Pork Chops	P7	6 to 8
Ham Canned (fully cooked)	P7	5 to 7
Lamb		
Medium	P6	9 to 11
Well	P6	11 to 13

Curries (250 g - 750 g) (Weight of only meat)

- Cut meat or chicken and vegetables into even size pieces.
- Place curry paste, meat, onion and hard vegetable into a suitable size casserole dish, do not use plastic dishes. Cover with plastic wrap. Press curries then Start.
- When oven beeps add remaining ingredients including liquid and continue to cook.
- At the end of cooking time, allow to stand for 5-10 minutes.
- Use 125 ml liquid per 250 g meat.

To Operate for Sensor Cook:
Press [*9 Curries*] then press ***Start***.

To Operate for Auto Cook:
Press **Auto Cook** to number 11. Select Weight [*Serving/Weight*] then press ***Start***.

Thai Beef Curry (S) A

Serves: 4 to 6

Ingredients:

1	onion, thinly sliced
2 tablespoons	Thai green curry paste
500 g	thinly sliced lean beef
½	red capsicum, thinly sliced
1	carrot, thinly sliced
1	zucchini, sliced
200 g	broccoli, broken into flowerets
1 cup	coconut milk
1 tablespoon	soy sauce
1 tablespoon	lemon juice
2 tablespoons	shredded fresh basil
½ cup	roasted unsalted peanuts

Method:
Place the onion and curry paste into a 4-litre dish. Cook on P10 for 2 to 3 minutes. Add the beef and cook on P10 for 4 to 6 minutes, stirring halfway through cooking. Add the vegetable and coconut milk and cook on P10 for 6 to 8 minutes. Mix in the soy sauce, lemon juice and basil and serve sprinkled with peanuts.
To cook by Sensor Cook/Auto Cook:
Follow general directions, Press **Curries** then ***Start***.

Lamb Korma (S) A

Serves: 4

Ingredients:

1	onion, diced
500 g	lamb, cubed
⅓ cup	korma curry paste
2 cups	carrots sliced
250 ml	tomato puree
2 tablespoons	natural yoghurt

Method:
Place onion, lamb, curry paste and carrot in a 3-litre casserole dish. Cook on P10 for 4 minutes. Add tomato puree and stir, cook on P6 for 10 minutes, stirring once during cooking. Stir in yoghurt and serve with basmati rice.
To cook by Sensor/Auto Cook:
Press **Curries**, then press ***Start***.

Mussaman Beef Curry (S)

Serves: 4

Ingredients:

500 g	round steak diced
⅓ cup	mussaman curry paste
400 g	potato diced
250 ml	coconut milk
1 tablespoon	brown sugar

Method:
Place steak, curry paste and potato in a 3-litre casserole dish cook on P10 for 5 minutes. Add coconut milk and brown sugar, stir, cook on P6 for 10 minutes. Stir once during cooking serve with jasmine rice.
To cook by Sensor/Auto Cook:
Follow general directions. Press **Curries** then press ***Start***.

HINT:
It is better to cook meat for a lesser time in a recipe and add extra time if needed. This will prevent over cooking.

General Guide to Curries

Serves	Weight of meat	Amount of liquid (coconut milk, stock)	Weight of hard vegetables
2	250 g	125 ml	200 g
4	500 g	250 ml	400 g
6	750 g	375 ml	600 g

Slow Cook (500g-2.0kg) (S)

(Weight includes all ingredients)
- Suitable for cooking casseroles with less tender cuts of meat combined with liquid and vegetables.
- Cut meat and vegetables into even size pieces.
- Place in a suitable size dish. Dish should be approximately ¾ full.
- Do not use plastic dishes as incorrect cooking time may result.
- Add ½ to 1 cup of soup. broth or stock per 500 g of meat.
- Cover securely with plastic wrap or a well fitting lid.
- Anytime during the cooking time, the oven will 'beep' and instruct you to 'STIR'.
- At the end of cooking time, allow the casserole to stand for 5 to 10 minutes.

To Operate by Sensor Cook:
Press **Slow Cook** then press ***Start***.

Goulash (S)

Serves: 4

Ingredients:

500 g	lamb, diced
1	onion, chopped
1	clove garlic, crushed
1 tablespoon	butter
2 tablespoons	tomato paste
½ teaspoon	paprika
1	small capsicum, cut into 2.5 cm cubes
1 cup	beef stock
2 tablespoons	flour
2 tablespoons	water
2 tablespoons	sour cream

Method:
Place onion, garlic and butter in 3-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add tomato paste and paprika. Cook on P10 for a further 2 minutes. Add lamb, capsicum and stock. Cover and cook on P6 for 25 to 30 minutes, stirring halfway through cooking. Mix flour with 2 tablespoons of water and stir into goulash mixture. Cook on P10 for 1 to 2 minutes. Stir in sour cream and serve with pasta and rice.
To Cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Slow Cook**, then ***Start***.

HINT:
TO COOK PAPPADUMS:
Place on paper towel lined microwave safe plate. Cook on P10 for 15 to 20 seconds for each pappadum, turning halfway through cooking. Allow to stand 1 minute before serving.

Pepper Pot Beef (S)

Serves: 4

Ingredients:

1 teaspoon	minced garlic
1	red capsicum, sliced
1 can (410 g)	tomatoes
400 g	can tomato puree
750 g	cubed beef
¼ cup	tomato paste
1 tablespoon	worcestershire sauce
1 tablespoon	cracked black pepper

Method:
Combine all ingredients in 3-litre casserole dish. Cook on P7 for 15 minutes. Stir, cook on P6 for 25 minutes. Serve with boiled or steamed rice.
To Cook by Sensor Cook:
Prepare as above, cover with plastic wrap.
Press **Slow Cook**, then ***Start***.

French Onion Beef Casserole (S)

Serves: 4

Recipe Prompting

Ingredients:

1	onion, chopped
1 teaspoon	minced garlic
200 g	diced potatoes
500 g	beef, diced
2	carrots, diced
⅓ cup	tomato paste
1 cup	beef stock
100 g	whole button mushroom
¼ cup	frozen peas

Method:
Place onion and herbs in 3-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add remaining ingredients, except mushroom and peas. Stir until combined. Cover and cook on P10 for 8 minutes. Stir and cook on P6 for 10 to 12 minutes. Add mushrooms and frozen peas. Stir cook on P6 for 14 to 15 minutes.
To Cook by Sensor Cook:
Prepare as above, cover with plastic wrap.
Press **Slow Cook**, then ***Start***.

Beef Bourguignonne

Serves: 4 to 6

Ingredients:

750 g	cubed chuck steak
4 rashers	bacon
6	spring, onions
4 teaspoons	minced garlic
½ cup	red wine
425 ml	tomato puree
1 cup	beef stock
250 g	button mushrooms
1 teaspoon	minced chilli
1 teaspoon	tarragon

Method:
Place all ingredients in a 3-litre casserole dish, stir until combined. Cover and cook on P7 for 10 to 15 minutes. Stir and cook on P6 for 25 to 30 minutes. Stirring once during cooking.
To Cook by Sensor Cook:
Prepare as above, cover with plastic wrap.
Press **Slow Cook**, then ***Start***.

Lasagne

Serves: 4 to 6

Ingredients:

Meat Sauce:

500 g	minced beef
2	small onions, chopped
1	clove garlic, chopped
1 can (425 g)	tomato purée
3	beef stock cubes
2 tablespoons	mixed herbs
1 tablespoon	cracked black pepper

Cheese Sauce:

80 g	butter
¼ cup	flour
500 ml	milk
1 cup	grated cheese
½ cup	Parmesan cheese
12	lasagne sheets, cooked
1 cup	extra grated cheese

Method:

Meat Sauce:

Combine all meat sauce ingredients in 4-litre casserole dish. Cook on P7 for 30 to 35 minutes, stirring several times during cooking. Set aside.

Cheese Sauce:

Melt butter in 2-litre jug on P10 for 30 to 40 seconds. Add flour and mix well. Gradually stir in milk. Cook on P10 for 3 to 4 minutes. Stirring halfway through cooking. Add grated cheese and Parmesan cheese. Cook on P10 for 50 to 60 seconds. Spoon quarter of the meat sauce into the base of 25 x 25 cm deep casserole dish. Top with three lasagne sheets. Spoon another quarter of meat sauce over the lasagne sheets and spread with cheese sauce. Continue with remaining ingredients. Top with meat and cheese sauce. Sprinkle with extra cheese and cook on P7 for 30 to 35 minutes.

Barbecued Marinated Spare Ribs

Serves: 4

Ingredients:

1 kg	pork spare ribs
¾ cup	fruit chutney
¾ cup	tomato sauce
1 tablespoon	soy sauce
1 tablespoon	worcestershire sauce

Method:

Place all ingredients in 3-litre casserole dish and marinate for several hours or overnight. Cook ribs on P7 for 20 to 25 minutes, turning once through cooking.

Gingered Pork Stir Fry

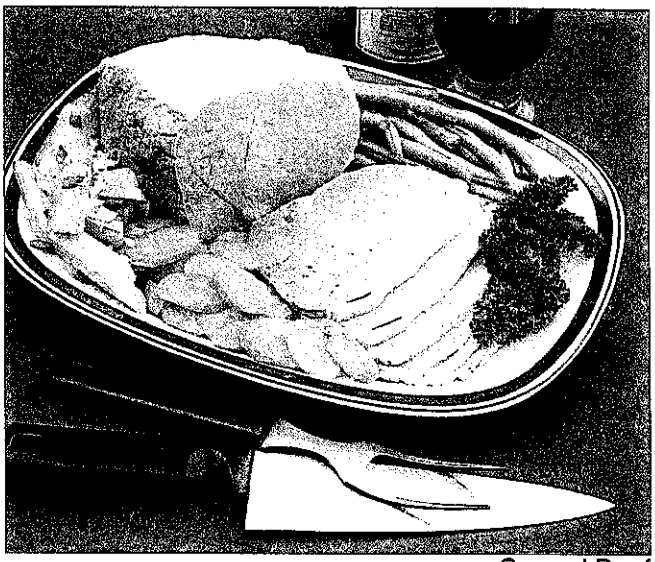
Serves: 4

Ingredients:

¼ cup	teriyaki sauce
1 tablespoon	honey
2 teaspoons	minced ginger
2 teaspoons	cornflour
1	onion, sliced
2 cups	sugar snap peas, trimmed
1	zucchini, sliced
2	spring onions, sliced
½ cup	bean sprouts
1 tablespoon	toasted sesame seeds

Method:

Place pork, teriyaki sauce, honey, ginger and cornflour in 2-litre dish. Cover and marinate in the refrigerator for 2 hours. Place onion in a 3 litre dish.



Corned Beef

Cook on P10 for 1 to 2 minutes. Add marinated pork and sauces and cook on P7 for 3 to 4 minutes. Add peas, zucchini, spring onions and bean sprouts. Cook on P10 for 3 to 4 minutes. Sprinkle with sesame seeds and serve with noodles.

Corned Beef

Serves: 4

Ingredients:

1.5 to 1.7 kg	corned silverside
1 tablespoon	brown sugar
1 tablespoon	white vinegar
1	onion, cut in half
4	cloves
6	peppercorns
1	bay leaf
3 cups	water

Method:

Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in 4-litre casserole dish. Add remaining ingredients. Cover and cook on P10 for 10 minutes. Turn meat, cover and cook on P3 for 1¼ to 1½ hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note: Depending on the size and shape of the silverside, it may require a further 10 to 15 minutes on P3.

Lamb Pilau

Serves: 4

Ingredients:

1 tablespoon	oil
1	large onion, sliced
4	lamb shoulder chops, chopped
400 g	can tomato pieces
2 tablespoons	garam masala
1 teaspoon	dried thyme
1 cup	long grain rice
600ml	hot chicken stock
150g	natural yoghurt
	freshly ground black pepper

Method:

Place the onion and oil in a 3 litre dish. Cover and cook on P10 for 2 to 3 minutes. Add lamb, tomato pieces, garam masala, and thyme. Cover and cook on P7 for 10 minutes. Stir. Cook on P7 for a further 10 minutes. Add the rice and chicken stock and cook covered on P5 for a further 30 minutes or until the rice is tender. Stir in yoghurt, season with pepper and serve.

Spaghetti Meat Sauce

Serves: 4 to 6

Recipe Prompting

Ingredients:

500 g	minced beef
1	onion, chopped
1 teaspoon	minced garlic
1 can (425 g)	tomatoes
1 cup	tomato puree
2	beef stock cubes
1 teaspoon	dried mixed herbs
	pepper

Method:

Combine all ingredients in 3-litre casserole dish. Cook on P7 for 10 minutes, stir. Cook on P7 for 14 to 18 minutes. Stir halfway through cooking. Serve with spaghetti.

Beef Stroganoff

Serves: 4

Recipe Prompting

Ingredients:

1	onion, sliced
750 g	rump steak sliced thinly
2 tablespoons	tomato sauce
2 tablespoons	worcestershire sauce
1	beef stock cube
⅓ cup	sour cream
200 g	sliced mushrooms
1 teaspoon	paprika

Method:

Place all ingredients (except sour cream and mushrooms) in 3-litre casserole dish. Stir until combined. Cook on P7 for 7 to 9 minutes, stirring once during cooking. Add sour cream and mushrooms. Stir and cook on P7 for 3 to 4 minutes.

Chinese Beef and Vegetables

Serves: 4 to 6

Recipe Prompting

Ingredients:

500 g	rump steak sliced
1 teaspoon	chopped ginger
1 teaspoon	chopped garlic
1 tablespoon	soy sauce
¼ cups	Hoisin Sauce
¼ cup	sweet chilli sauce
3 cups	sliced vegetables

Method:

Place steak, ginger and garlic in 3-litre casserole dish. Cook on P10 for 1 minute. In 1-cup jug, combine soy sauce, Hoisin Sauce and beef stock. Add to meat mixture. Cook on P10 for 3 to 4 minutes. Add the vegetables, cover and cook on P10 for 3 to 5 minutes, stirring halfway through cooking. Let stand for 5 minutes before serving.

Seasoned Roast Lamb

Seasoned Roast Lamb

Serves: 4 to 6

Recipe Prompting

Ingredients:

1.4 kg	leg of lamb
1 tablespoon	seeded mustard
1 tablespoon	rosemary

Method:

Place lamb fat side down on rack set in 3-litre dish. Brush with mustard and rosemary. Cook on P6 for 30 to 35 minutes, turn halfway through cooking. Stand, covered, for 15 minutes before slicing.

Chilli Beef

Serves: 4

Recipe Prompting

Ingredients:

500 g	topside beef mince
1 teaspoon	minced garlic
1 (35 g)	packet chilli seasoning mix
1 can (400 g)	tomato purée
1 can (440 g)	kidney beans, drained

Method:

Place all ingredients in shallow dish. Mix well. Cook on P10 for 20 to 22 minutes. Stir halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

Directions for Cooking Fresh Vegetables by Microwave

Place vegetables in a casserole dish. Add 2 to 3 tablespoons of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.
Cook on P10 according to time recommended in the chart. Halfway through cooking, stir, turn vegetables over or rearrange.
Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate. Allow to stand, covered, according to the time indicated in the charts.

Fresh Vegetables Chart for Time Cooking

Vegetables should be covered and cooked on P10 power for best results. Weights given are trimmed weights.

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on P10
Asparagus	250 g	Covered dish with ¼ cup water.	2 to 4
Beans (finely sliced)	250 g	Covered dish with ¼ cup water.	3 to 5
Beetroot	4 whole (1 kg)	Covered with 1 cup water in 4-litre dish. Stand after cooking - 5 mins.	14 to 18
Broccoli	500 g	Covered dish with ¼ cup water.	4 to 6
Brussels Sprouts	500 g	Covered dish with ¼ cup water.	4 to 6
Cabbage	500 g	Shredded, with ¼ cup water in covered dish.	6 to 8
Carrots	4 (sliced finely) 225 g	With ¼ cup water in covered dish.	3 to 4
Cauliflower	500 g	With ¼ cup water in covered dish.	5 to 7
Celery	6 stalks (400 g) cut in 1 cm pieces	With ¼ cup water in covered dish.	4 to 6
Corn	2 ears (500 g) 4 ears (1 kg)	Brush with melted butter and cook in covered dish.	4 to 6 8 to 10
Eggplant	1 (500 g)	Dice with ¼ cup water in covered dish.	4 to 6
Mushrooms	250 g (sliced)	Cook with 2 tablespoons butter in covered dish.	2 to 4
Onions	3 (200 g)	Cut in quarters with ¼ cup water in covered dish.	5 to 7
Peas	250 g	Shell peas and place with ¼ cup water in covered dish.	3 to 5
Potatoes-Mashed -Jacket	5 (500 g)	Peeled and quartered with ¼ cup water. Covered. Cook uncovered on paper towel lined plate.	10 to 12 6 to 8
Pumpkin	500 g	Peeled and cut into uniform pieces with ¼ cup water in covered dish.	6 to 8
Spinach	250 g	Remove stem, cut leaves into small pieces. Cook with ¼ cup water in covered dish.	3 to 5
Sweet Potato	500 g	In serving size pieces with 2 tablespoons water in covered dish.	6 to 8
Turnips	500 g	Peeled and sliced finely with ¼ cup water in covered dish.	6 to 8
Tomatoes	2 (300 g)	Sliced and cooked covered.	2 to 4
Zucchini	500 g	Cut in 2 cm pieces in covered dish.	5 to 7

Frozen Vegetables by Microwave

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in a pouch should be placed on a dish and the top pierced. Cook on P10 according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.

Halfway through cooking, stir, turn vegetables over or rearrange. Stir after cooking. Allow to stand for 2 to 3 minutes before serving.

Frozen Vegetables Chart for Microwave Cooking

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on P10
Beans	250 g	Cook in covered 2-litre dish.	4 to 6
Broad Beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broccoli (spears)	350 g	Cook in covered 2-litre dish.	5 to 7
Brussels Sprouts	250 g	Cook in covered 2-litre dish.	5 to 7
Carrots (baby)	250 g	Cook in covered 2-litre dish.	6 to 8
Cauliflower	500 g	Cook in covered 2-litre dish.	5 to 7
Corn (½ cob)	½ ear (75 g)	Cook in covered 2-litre dish.	3 to 4
Corn (cobs)	250 g	Cook in covered 2-litre dish.	5 to 7
Mixed Vegetables	250 g	Cook in covered 2-litre dish.	5 to 7
Peas	250 g	Cook in covered 2-litre dish.	4 to 6
Spinach	250 g	Cook in covered 2-litre dish.	4 to 6

Frozen Vegetables by Sensor Cook

(120 g - 1.0 kg)

- Suitable for all types of frozen vegetables.
- Place in a suitable size dish.
- Best results are achieved if large quantities are placed in a single layer.
- Add 1 tablespoon to ¼ cup water to vegetables, if a softer texture is desired.
- Butter, herbs etc. may be added before heating, but do not add salt until serving.
- Cover dishes securely with plastic wrap or a fitted lid.
- Anytime during the cooking time, the oven will 'beep' and prompt you to stir and arrange vegetables.
- At the end of the cooking time, stir vegetables and let stand, covered, for 2 to 3 minutes.

To Operate:
Press: ***2 Frozen Vegetables*** then press ***Start***.

Frozen Vegetables by Auto Cook

(120 g - 750 g)

- Suitable for heating varieties of frozen vegetables, including peas, beans, corn kernels, broccoli, cauliflower etc.
- Place larger pieces or quantities in a single layer for best results.
- Add 1 tablespoon to ¼ cup water, if you prefer a softer cooked texture.
- Very icy vegetables that have frozen in a solid mass may require slightly longer cooking times.
- Place vegetables in an appropriate size dish. Use the following as a guide:

Weight	Dish Size
120 g	500 ml
250 g	750 ml
500 g	1 litre
750 g	2 litre

- Cover with plastic wrap or a well fitting lid. Halfway through the cooking time, the oven will 'beep' and prompt you to stir and rearrange the vegetables.
- If desired, butter, herbs etc. may be added, but do not add salt until serving. (Salt dehydrates vegetables during cooking.)
- At the end of the cooking time, stir vegetables and let stand, covered, for 2 to 3 minutes.

To Operate:
Press: **Auto Cook** to number 5,
Select weight ***Serving/Weight***. Press ***Start***.

Vegetables

(120 g - 500 g) by Sensor Cook
(120 g - 670 g) by Auto Cook

- Suitable for cooking all types of leaf, green and soft varieties of vegetables, including broccoli, squash cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these.
- All vegetables should be trimmed or prepared and cut into evenly sized pieces.
- Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place in a suitable size dish.
- Butter, herbs, etc., may be added before heating, but do not salt vegetables until serving.
- Cover dishes securely with plastic wrap or a fitted lid.
- At the completion of heating, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

To Operate by Sensor Cook:
Press ***1 Vegetables*** then press ***Start***.

To Operate by Auto Cook:
Press **Auto Cook** to number 4, then press ***Start***.

DRIED BEANS OR PEAS BY MICROWAVE

Place hot tap water in 4-litre dish. Bring hot water to the boil on P10 for 10 to 12 minutes. Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir. Allow to stand, covered, for 15 to 20 minutes.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups cooked beans. Use in place of canned beans.

Root Vegetables

(250 g - 1.0 kg) by Sensor Cook
(250 g - 900 g) by Auto Cook

- Suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swede, carrots, turnip and beetroot.
- All vegetables should be trimmed or prepared and cut into even sized pieces.
- Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place into an appropriate size dish and cover securely with plastic wrap or a fitted lid.
- If desired, butter, herbs etc. may be added but do not add salt until after cooking.
- Anytime during the cooking time, the oven will 'beep' and prompt you to stir and rearrange the vegetables.
- At the completion of cooking, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

To Operate by Sensor Cook:
Press ***3 Root Vegetables***, then press ***Start***.

To Operate by Auto Cook:
Press **Auto Cook** to number 6, then press ***Start***.

Dried Beans and Peas Chart for Microwave Cooking

ITEM	CONTAINER	AMOUNT OF HOT WATER	APPROX. TIME TO BOIL HOT WATER on P10 (in minutes) COVERED	TO COOK BEANS on P3 (in minutes) COVERED
Lentils (250 g)	4-litre dish	2 litres	10 to 12	15 to 20
Soup Mix (250 g)	4-litre dish	2 litres	10 to 12	20 to 25
Split Peas or Lentils (250 g)	4-litre dish	2 litres	10 to 12	25 to 30
Beans (250 g) Soaked overnight	4-litre dish	2 litres	10 to 12	25 to 30

Directions for cooking Legumes by Sensor Cook and Auto Cook (S) A

- Suitable for cooking chickpeas, split peas dried beans and peas and brown rice.
- Cover legumes with cold water and soak overnight, drain.
- Place legumes and fresh water into an appropriate sized dish.(See table for quantities)

Amount of Legumes	Amount of Water	Dish Size
1 cup	3 cups	2 litre
2 cups	4 cups	3 litre
3 cups	6 cups	4 litre
4 cup	8 cups	4 litre

- For sensor cook, cover with plastic wrap. Press ***4 Legumes***, then press ***Start***.
- For Auto Cook leave uncovered Press **Auto Cook** to number 7 select serving, then press ***Start***.
- Anytime during cooking the oven will beep and prompt you to stir. Remove covering.
- At the end of cooking time, allow legumes to stand for 5 minutes if required.

Red Coconut Dhal (S) A

Serves: 4 to 6

Ingredients:

1 cup	red lentils
1 teaspoon	turmeric
400 ml	can coconut milk
250 ml	water
1 teaspoon	crushed red chilli
1 teaspoon	crushed garlic
	lemon juice to taste

Method:

Place all ingredients in a 2 litre casserole dish. Stir and cook on P7 for 20 to 25 minutes, stirring twice during cooking.

To cook by Sensor Cook:

Prepare as above; cover with plastic wrap, press **Legumes** then ***Start***.

To cook by Auto Cook:

Prepare as above. Press **Auto Cook** to select ***7 Legumes*** then select 1 cup, press ***Start***.

Hummus (S) A

Ingredients:

1 cup	chick peas, water for soaking
3 cups	water, extra
2 tablespoons	lemon juice
2 teaspoon	turmeric
¼ cup	tahini (sesame paste)
1 tablespoon	minced garlic
2 tablespoons	olive oil

Method:

Place chichpeas and water into a 4-litre casserole dish and soak overnight. Drain.

Place chickpeas and extra water into a 3-litre casserole dish and cook on P7 for 25 to 30 minutes. Drain. Process with remaining ingredients.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Legumes** then ***Start***.

To cook by Auto Cook:

Prepare as above. Press Auto Cook ***7 Legumes*** then select 2 cups, press ***Start***.

Chickpea Salad with Coriander Dressing (S) A

Serves: 4 to 6

Ingredients:

1 cup	dried chickpeas, water for soaking
3 cups	water, extra
1	red capsicum, diced
1	lebanese cucumber, diced
250 g	Cherry tomatoes, quartered
1	Spanish onion, diced

Coriander Dressing:

½ cup	lemon juice
2 teaspoons	sugar
½ cup	chopped fresh coriander
1 teaspoon	chopped red chilli

Method:

Cover chickpeas with water a soak overnight. Drain. Place chickpeas and extra water into a 3-litre dish and cook on P7 for 25 to 30 minutes.

To cook by Sensor Cook:

Prepare as above, cover with plastic wrap, press **Legumes** then ***Start***.

To Cook by Auto Cook:

Prepare as above, press **Auto Cook** to select ***7 Legumes***, then select 2 cups, press ***Start***.

Drain and allow to cool.

Combine remaining salad ingredients in a large bowl and mix well.

Dressing:

Combine all ingredients in a screw top jar, shake well. Pour over salad and toss well.

Lentil Hot Pot (S) A

Serves: 4 to 6

Ingredients:

900 g	New Potatoes
2	onions, diced
2	carrots, diced
2	stalks celery, sliced
3	cloves garlic, crushed
1 teaspoon	curry powder
415 g	can diced tomatoes
1 cup	vegetable stock
2 tablespoon	tomato paste
¾ cup	red lentils, washed
½ cup	grated cheese
paprika	
1 tablespoon	chopped parsley

Method:

Wash potatoes and place onto a paper towel lined plate. Cook on **Sensor Cook** or **Auto Cook Root Vegetables** or P7 for 10 to 12 minutes. Set aside. Place onion, carrot, celery and garlic into a 3 litre dish. Cook on P7 to 8 minutes. Add curry powder and cook on P7 for a further 1 minute. Add tomatoes, stock, tomato paste and lentils. Cook on P7 for 20 to 24 minutes. Slice potatoes thickly and layer over the top of lentil mixture. Sprinkle with grated cheese, paprika and parsley. Cook on P10 for 4 to 6 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Legumes** then ***Start***.

To cook by Auto Cook:

Prepare as above. Cover with plastic wrap. Press ***7 Legumes*** 1 cup, press ***Start***.

Ardennis Style Potatoes

Cabbage Ham and Onion (S)

Serves: 6

Ingredients:

500 g	cabbage, shredded
2 tablespoons	water
1	onion, finely chopped
1 tablespoon	butter
125 g	ham, finely chopped
	salt and pepper

Method:
Place cabbage and water in 3-litre casserole dish. Cover and cook on P10 for 8 to 10 minutes.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Vegetables**.
Drain and set aside. Place onion and butter in 1-litre casserole dish and cook on P10 for 2 to 3 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on P10 for 2 to 3 minutes. Season with salt and pepper. Serve.

Creamed Spinach (S) A

Serves: 4

Ingredients:

1	bunch spinach, roughly chopped
4	spring onions, finely chopped
1	clove garlic, crushed
2 tablespoons	sour cream
	salt and pepper

Method:
Cook washed spinach leaves, shallots and garlic in covered 3-litre casserole dish on P10 for 5 to 7 minutes.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Vegetables**.
To cook by Auto Cook:
Prepare as above. Cover with plastic wrap.
Press ***4 Vegetables***, select 250 g, then ***Start***.
Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on P10 for 1 to 2 minutes. Serve.

Ardennis Style Potatoes (S)

Serves: 4

Ingredients:

4	medium sized potatoes
100 g	ham, finely diced
3 tablespoons	snipped chives
50 g	butter
½ cup	grated Cheddar cheese
	ground black pepper

Method:
Scrub potatoes, wash and pat dry with paper towel. Prick skins and place in 2-litre casserole dish. Cook on P10 for 6 to 8 minutes.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Root Vegetables**.
Allow to cool slightly. Cut tops off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in 2-litre casserole dish. Cook on P10 for 2 to 3 minutes.

Cauliflower Au Gratin (S)

Serves: 4

Ingredients:

500 g	cauliflower, trimmed and cut into pieces
2 tablespoons	water
2 tablespoons	butter
1	small onion, finely chopped
2 tablespoons	flour
1 cup	milk
½ cup	grated tasty cheese

Method:
Place cauliflower and water in shallow casserole dish. Cover and cook on P10 for 6 to 8 minutes.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Vegetables**, then ***Start***.
Stand, covered, while making sauce. Place butter and onion in 4-cup glass jug. Cook on P10 for 1 to 2 minutes. Stir in flour and cook on P10 for 1 minute. Add milk gradually. Stir well. Cook on P10 for 2 to 3 minutes, stirring halfway through cooking. Drain cauliflower and pour over sauce. Sprinkle with cheese. Cook on P7 for 1 to 2 minutes.

Note: Depending on size and arrangement of cauliflower pieces, timing will vary.

HINT:
TO SKIN TOMATOES: Cut a cross into the tomato skin. Place 1 cup of hot tap water in 2 to 3 cup jug or bowl and heat on P10 for 1½ minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds. Remove and repeat procedure with remaining tomatoes. The skin will be loosened and can be easily removed.

Potato Casserole

Serves: 4 to 6

Recipe Prompting

Ingredients:

750 g	peeled and sliced potatoes
300 ml	cream
¼ cup	milk
3	shallots, sliced
2	bacon, rashers chopped
½ cup	grated cheese

Method:

Combine potatoes, sour cream and milk in 2-litre casserole dish. Cook on P10 for 15 to 18 minutes. Top with shallots, bacon and cheese. Cook on P10 for 5 minutes.

Sauté Mushrooms

Serves: 4 to 6

Ingredients:

1 tablespoon	butter
400 g	mushrooms
1	clove garlic, crushed
	salt and pepper
2 tablespoons	chopped parsley

Method:

Place butter in 2-litre casserole dish and cook on P10 for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on P10 for 3 to 4 minutes. Stir halfway through cooking.

Herbed Vegetables

Serves: 4 to 6

Recipe Prompting

Ingredients:

200 g	sliced snow peas
200 g	sliced carrots
200 g	sliced zucchini
2 tablespoons	chopped fresh parsley

Method:

Place snow peas, carrots and zucchini in 2-litre casserole dish. Cover. Cook on P10 for 5 to 7 minutes, stirring once during cooking. Sprinkle with parsley. Serve.

HINT:
Wrap jacket potatoes in foil after cooking. They will retain their heat for about 15 to 20 minutes.

Stuffed Tomatoes

Serves: 2

Ingredients:

2	tomatoes (large)
¼ cup	fresh breadcrumbs
½ cup	grated cheese
4	shallots, finely sliced
1 tablespoon	finely chopped parsley
	salt and pepper
¼ cup	extra grated cheese

Method:

Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix pulp with remaining ingredients, except extra cheese. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes in 2-litre casserole dish and cook on P10 for 2 to 3 minutes. Serve.

Tip: To cook 4 stuffed tomatoes, cook on P10 for 6 to 8 minutes.

Thai Vegetable Curry

Serves: 4

Recipe Prompting

Ingredients:

1	onion, sliced
2 tablespoons	green curry paste
3 cups	sliced vegetables
1 can (440 g)	chick peas, drained
1 cup	coconut milk
1 tablespoon	lemon juice
1 tablespoon	soy sauce
½ cup	chopped nuts

Method:

Place onion and curry paste in 3-litre casserole dish. Cook on P10 for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on P10 for 8 to 10 minutes. Sprinkle with chopped nuts. Serve with jasmine rice.

Zucchini and Tomatoes

Serves: 6 to 8

Ingredients:

2 tablespoons	butter
500 g	zucchini, finely sliced
350 g	tomatoes, finely sliced (approx. 2)
2	onions, finely sliced
1	garlic clove, crushed
1 teaspoon	oregano
	salt and pepper to taste

Method:

Place butter, zucchini. tomatoes and onions in covered 2-litre casserole dish. Cook on P10 for 3 to 4 minutes, stir halfway during cooking. Add garlic, oregano, salt and pepper. Cook on P10 1 to 2 minutes. Serve hot.

Broccoli and Cheese Sauce (S) [A]

Serves: 2 to 3

Ingredients:

250 g	broccoli, washed, trimmed and cut into pieces
1 tablespoon	water

Cheese Sauce:

2 tablespoons	butter
2 tablespoons	flour
1 cup	milk
¾ cup	grated cheese
¼ teaspoon	mustard (optional)
	salt and pepper

Method:

Place broccoli and water in 2-litre casserole dish. Cover and cook on P10 for 4 to 6 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Vegetables**, then ***Start***.

To cook by Auto Cook:

Prepare as above. Cover with plastic wrap. Press **Auto Cook** to select [***4 Vegetables***], then select 250 g, press ***Start***.

Drain and set aside. Place butter in 4-cup jug and cook on P10 for 30 seconds. Add flour and mix well. Cook on P10 for 20 to 30 seconds. Add milk gradually and stir well. Cook on P10 for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on P6 for a further 1 minute.

Tomato Vegetable Casserole (S)

Serves: 4 to 6

Recipe Prompting

Ingredients:

200 g	mushrooms, sliced
1	eggplant, chopped
200 g	zucchini, sliced
1	capsicum, sliced
1	onion, sliced
1 can (410 g)	tomatoes
½ cup	tomato purée
1 tablespoon	chopped basil
1 teaspoon	minced garlic

Method:

Place mushrooms, eggplant, zucchini, capsicum and onion in a 3-litre casserole dish. Cover. Cook on P10 for 6 minutes. Add tomatoes, tomato purée, herbs and garlic. Re-cover and cook on P10 for 6 to 8 minutes.

HINT:
It is better to slightly undercook vegetables as they will soften on standing. Allow to stand, covered, with plastic wrap or a lid.

Savoury Brussels Sprouts (S) [A]

Serves: 4

Ingredients:

250 g	brussels sprouts
2 tablespoons	butter
150 g	bacon, finely chopped
1	onion, finely chopped
1 teaspoon	dill or basil
1 teaspoon	sugar

Method:

Wash and drain brussels sprouts. Cook in covered 2-litre casserole dish on P10 for 4 to 5 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Vegetables**, then ***Start***.

To cook by Auto Cook:

Prepare as above. Cover with plastic wrap. Press **Auto Cook** to select [***4 Vegetables***], then select 250 g, press ***Start***.

Drain and set aside. Place remaining ingredients in separate 2-litre casserole dish. Cook on P10 for 3 to 5 minutes. Add brussels sprouts and cook on P10 for 1 to 2 minutes. Serve.

Cheesy Mashed Potatoes (S)

Serves: 4

Recipe Prompting

Ingredients:

500 g	potatoes, peeled and diced
¼ cup	water
¼ cup	milk
¼ cup	grated cheese

Method:

Place potatoes and water in 2-litre casserole dish. Cover and cook on P10 for 10 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Root Vegetables**, then ***Start***.

Drain. Mash potatoes with potato masher. Add milk and grated cheese. Mix well. Cook on P10 for 1 minute. Stir well before serving.

Parmesan Asparagus (S) [A]

Serves: 2 to 4

Ingredients:

1	bunch of asparagus spears
2 tablespoons	water
1 tablespoon	butter
1	clove garlic, crushed
1 tablespoon	grated Parmesan cheese

Method:

Place asparagus and water in 2-litre casserole dish. Cover and cook on P10 for 2 to 4 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Vegetables**, then ***Start***.

To cook by Auto Cook:

Prepare as above. Cover with plastic wrap. Press Auto Cook to select [***4 Vegetables***], then select 180 g, press ***Start***.

Drain. Place butter and garlic in small dish and cook on P10 for 1 minute. Add drained asparagus and mix lightly. Cook on P10 for a further 1 minute. Sprinkle Parmesan cheese over asparagus. Serve.

Corn on the Cob (S)

Serves: 4

Ingredients:

4	corn cobs
2 tablespoons	butter
	salt and pepper

Method:

Place corn cobs in 3-litre casserole dish and dot with butter. Cook, covered, on P10 for 10 to 12 minutes. Stand, covered, for 5 minutes. Season with salt and pepper.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Vegetables**, then ***Start***.

Stuffed Capsicums

Serves: 4

Ingredients:

1 cup	cooked rice
½ teaspoon	mixed herbs
1 small	onion, finely chopped
1 cup	finely chopped ham or chicken
¼ cup	cream
	salt and pepper to taste
4	medium sized green capsicums, remove tops and seeds
½ cup	grated tasty Cheddar cheese
	paprika

Method:

Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill capsicums. Top with grated cheese. Cook in 2-litre casserole dish, uncovered, on P10 for 5 to 7 minutes. Serve sprinkled with paprika.

Vegetable Frittata

Serves: 4 to 6

Ingredients:

400 g	potatoes, thinly sliced
½	red capsicum, sliced into strips
½	green capsicum, sliced into strips
1	tomato, diced
2 tablespoons	fresh basil, chopped
4	eggs
⅓ cup	sour cream
½ teaspoon	cracked black pepper
½ cup	grated tasty cheese

Method:

Place potatoes in a 2-litre shallow dish. Cook on P10 for 5 to 7 minutes. Arrange capsicum in a circular pattern on top of potato sprinkle with tomato and basil. Beat together eggs and sour cream in a jug. Pour over vegetables. Cook on P6 for 3 to 5 minutes. Sprinkle with pepper and cheese and cook on P6 for 7 to 9 minutes.

Honey Glazed Carrots amd Sugar Snap Peas (S)

Serves: 4 to 6

Ingredients:

350 g	carrots (approximately 4)
350 g	sugar snap peas, trimmed
2 tablespoons	brown sugar
2 teaspoons	butter
2 tablespoons	honey
1 tablespoon	toasted sesame seeds

Method:

Peel and thinly slice carrots. Combine all ingredients in 2-litre casserole dish. Cover and cook on P10 for 6 to 8 minutes, stirring halfway through cooking. Serve.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap. Press **Vegetables**, then ***Start***.

Vegetable Couscous

Serves: 4 to 6

Ingredients:

1	onion, sliced
2	zucchini, sliced
200 g	green beans, halved
2	carrots, sliced
3	yellow squash, sliced
½	capsicum, sliced
1 teaspoon	turmeric
½ teaspoon	cinnamon
1 clove	garlic, crushed
350 ml	vegetable stock
350 g	couscous

Method:

Place all ingredients in a 3-litre casserole dish. Cook on P10 for 7 to 10 minutes. Stir halfway through. Stir and serve immediately.

Honey Glazed Carrtos and Sugar Snap Peas

Cooking Rice by Microwave

Follow directions in chart for recommended dish size, amounts of water and cooking time. Add grain to boiling water. Add salt and butter according to package directions. Cook on P10 for time recommended in chart. Allow to stand, covered, before serving. For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK GRAIN on P10 UNCOVERED (in minutes)	STANDING TIME (in minutes)
RICE				
Quick Cook Brown (1 cup)	4-litre dish	2⅓ cups	15 to 18	5
Brown (1 cup)	4-litre dish	3 cups	25 to 30	10
Long Grain (1 cup)	3-litre dish	2 cups	12 to 14	5
Short Grain (1 cup)	3-litre dish	2 cups	12 to 14	5
Jasmine (1 cup)	3-litre dish	2 cups	12 to 14	5

Cooking Rice by Sensor Cook (S)

Rice (1 cup - 2½ cup)

- Suitable for cooking short and long grain rice including Jasmine, Basmati.
- It is not suitable for cooking brown rice or wild rice.

* Note: Brown rice may be cooked on Legumes setting.

- Place rice with water in a suitable dish. We recommend the following proportions of rice to cold tap water:

Rice	Water	Dish Size
1 cup	2 cups	3 litre
1½ cups	3 cups	3 litre
2 cups	4 cups	4.5 litre
2½ cups	5 cups	4.5 litre

It may be necessary to adjust the water to your personal preference.

- Using a large size dish will prevent the rice from boiling over.
- Do not cook rice in plastic dishes as incorrect cooking times may result.
- Cover dish securely with plastic wrap or a well fitted lid.
- Halfway through cooking, the oven will 'beep' and instruct you to stir and 'REMOVE COVER'. Remove the plastic wrap or lid and stir. There is no need to cover the rice again.
- At the completion of the cooking time, let stand 5 to 10 minutes.

To Operate: Press [*7 Rice*] then press ***Start***.

Cooking Rice by Auto Cook [A]

Rice (1 cup - 2½ cups)

- Suitable for cooking white rice including short, long grain, Jasmine and Basmati.
- Place rice with water in a suitable sized dish. Use the following as a guide:

Rice	*Water	Dish Size
1 cup	2 cups	3 litre
1½ cups	3 cups	3 litre
2 cups	4 cups	4.5 litre
2½ cups	5 cups	4.5 litre

*(It may be necessary to adjust the amount of water to your personal preference.)

- Rice will boil over if the dish used is too small.
- Cook rice uncovered.
- Do not cook in plastic containers unless suitable for high temperature cooking.
- Stand rice for 5 to 10 minutes after cooking, if necessary.
- This setting is not suitable for cooking brown rice. Brown rice may be cooked on Legumes setting.

To Operate: Press **Auto Cook** to setting number 8.

Press to select weight [***Serving/Weight***] of rice, then press ***Start***.

PAELLA

Serves: 6 to 8

Ingredients:

500 g	mussels
¼ cup	water
1	green capsicum, sliced
1	red capsicum, sliced
2	onions, sliced
1	clove garlic, crushed
2 tablespoons	butter
2 cups	long grain rice
1 can (440 g)	peeled tomatoes, roughly chopped
2 cups	hot chicken stock
	pinch saffron powder
1½ cups	cooked diced chicken
200 g	peeled green prawns

Method:
Place mussels and water in 3-litre dish. Cover and cook on P7 for 3 to 5 minutes. Set aside. Place capsicum, onion, garlic and butter into 4-litre dish and cook on P10 for 4 to 5 minutes. Add rice and stir well. Cook on P10 for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on P10 for 16 to 18 minutes. Stir in chicken, prawns and mussels. Cook on P7 for 4 to 6 minutes. Stand for 10 minutes before serving.

FRAGRANT COCONUT RICE (S) A

Serves: 4 to 6

Recipe Prompting

Ingredients:

1	onion, chopped
2 cups	long grain rice
600 ml	chicken stock
300 ml	coconut milk
1 teaspoon	turmeric

Method:
Place all ingredients in 3-litre casserole dish. Stir. Cook on P10 for 15 to 18 minutes. Cover and let stand 10 minutes before serving.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Rice**, then ***Start***.
When oven beeps, remove plastic wrap, stir.
To cook by Auto Cook:
Prepare as above. Press **Auto Cook**, **Rice**, select 2.0 cups then ***Start***.

SEASONED RICE A

Serves: 4 to 6

Ingredients:

1	onion, chopped
1 cup	long grain rice
1 teaspoon	thyme
1½ cups	chicken stock
¼ cup	toasted slivered almonds

Method:
Place onion, rice, thyme and chicken stock in 3-litre casserole dish. Cook on P10 for 14 to 16 minutes. Stir, cover, and let stand for 10 minutes. Stir through slivered almonds and serve hot.
To cook by Sensor Cook:
Prepare as above. Cover with plastic wrap.
Press **Rice**, then ***Start***.
When oven beeps, remove plastic wrap.
To cook by Auto Cook:
Prepare as above. Press **Auto Cook**, **Rice**, select 1.0 cup then ***Start***.

FRIED RICE

Serves: 4

Ingredients:

1 tablespoon	sesame oil
1	clove garlic, crushed
1 cm	piece of green ginger, finely chopped
1	small carrot, finely chopped
1	stick celery, sliced
½	green or red capsicum, cut in strips
4	spring onions, chopped
2	eggs
	black pepper
1	small can prawns
1 tablespoon	soy sauce
6 cups	cooked rice

Method:
Place oil, garlic and ginger in large shallow dish and cook on P10 for 30 to 40 seconds. Add carrot, celery and capsicum. Cook a further 2 minutes on P10. Break eggs into small dish, add pepper to taste, mix well and cook on P7 for 1 to 1½ minutes. Slice into thin strips. Add eggs plus all remaining ingredients to vegetable mixture. Stir well and cook on P10 for 3 to 5 minutes to heat thoroughly. Serve.

Note: 1 cup uncooked rice will yield 2 cups cooked rice. Rice can be cooked using **Sensor Cook** and **Auto Cook** functions.

CHICKEN RISOTTO

Serves: 4

Recipe Prompting

Ingredients:

1	onion, sliced
2 cups	short grain rice
1 teaspoon	dried oregano
1 teaspoon	cracked black pepper
4 cups	chicken stock
¼	green capsicum, sliced
¼	red capsicum, sliced
200 g	mushrooms, sliced
½ cup	frozen peas
2	cooked chicken breast fillets, sliced
¼ cup	grated parmesan cheese

Method:
Place onion, rice, oregano, pepper and chicken stock into a 4-litre dish. Cook on P10 for 17 to 19 minutes. Add remaining ingredients, stir well and cook on P10 for 4 minutes. Serve.

HINT:
TO REHEAT 2 CUPS OF COOKED RICE:
Add 1 to 2 tablespoons of water or a knob of butter and cook on P10 for 2 to 3 minutes.

Cooking Pasta by Microwave

Follow directions in chart for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for time recommended in chart. Cook on P10. Test pasta for desired cooking before adding more time. Slightly undercook pasta that will be heated again in casserole. Stir and let stand, uncovered, 5 minutes.

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK PASTA on P10 UNCOVERED (in minutes)	STANDING TIME (In minutes)
Dried Fettuccine (250 g)	4-litre dish	6 cups	10 to 12	5
Elbow Macaroni, shells, etc. (250 g)	3-litre dish	4 cups	12 to 14	5
Fresh Spaghetti, Fettuccine (375 g)	4-litre dish	6 cups	6 to 8	5
Dried Spaghetti (250 g)	4-litre dish	4 cups	12 to 14	5
Fresh Tortellini, Ravioli (250 g)	4-litre dish	4 cups	7 to 9	5
Gnocchi (250g fresh)	4-litre dish	4 cups	4 to 6	5

Cooking Dried and Fresh pasta by Sensor Cook (S)

5. Fresh Pasta (150 g - 500 g)

- Suitable for cooking fresh pasta such as fettuccine, tagliatelle, tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER.)
- Place pasta in an appropriate size dish with boiling water. Use the above chart as a guide:
- Follow directions as for dried pasta as above.

To Operate: Press ***5 Fresh Pasta***, then press ***Start***.

6. Dried Pasta (150 g - 500 g)

- Suitable for cooking dried pasta such as spaghetti,fettuccine, macaroni, penne, spiral and various pasta shapes.
- Place pasta in an appropriate size dish with boiling water. Use the following as a guide:

Pasta	Boiling Water	Dish Size
150g	4 cups	3 litre
250g	5 cups	3 litre
350g	6 cups	4 litre
500g	8 cups	4 litre

- Add 1 tablespoon of oil, if desired, before cooking to prevent pasta from sticking together.
- Cover dish with plastic wrap or a well fitting lid.
- Halfway through the cooking time, the oven will 'beep' and instruct you to stir and 'Remove Cover'. Remove plastic wrap or lid and stir.
- At the end of the cooking time, cover and let stand for 5 to 10 minutes, if required, before draining.

To Operate: Press ***6 Dried Pasta*** then press ***Start***.

Cooking Dried and Fresh pasta by Auto Cook A

2. Dried Pasta (150 g - 500 g)

Suitable for cooking dried pasta such as spaghetti, fettuccine, macaroni, penne, spiral etc.
See chart below for quantities and dish size.
To Operate: Press **Auto Cook** to setting number 2. Press to select weight ***Serving/Weight*** then press ***Start***.

3. Fresh Pasta (150 g - 500 g)

Suitable for cooking fresh pasta such as fettuccine, tagliatelle, tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER.)

- Place pasta in an appropriate size dish with boiling water. Use the following as a guide:

Pasta	Boiling Water	Dish Size
150g	4 cups	3 litre
250g	5 cups	3 litre
350g	6 cups	4 litre
500g	8 cups	4 litre

- When cooking, the oven will 'beep' and prompt you to stir halfway through the cooking time.
- At the end of the cooking time, let stand, covered, for 5 to 10 minutes, if required. Then drain.

To operate: Press **Auto Cook** to setting number 3 press to select weight ***Serving/Weight*** then press ***Start***.

Mushroom and Ricotta Lasagne

Serves: 4

Ingredients:

1 tablespoon	olive oil
5 cups	mushrooms, sliced
1	onion, diced
2	cloves garlic, crushed
1 cup	milk
375 g	ricotta cheese
½ cup	tomato paste
1 tablespoon	fresh basil, chopped
2 tablespoons	grated parmesan cheese
9	precooked lasagne sheets
¼ cup	grated cheese
2 tablespoons	parmesan cheese, extra

Method:

Place oil, mushrooms, onion and garlic in a 2 litre casserole dish and cook on P10 for 3 to 4 minutes, stirring halfway through cooking. Add half of the milk and allow to cool. In a 1 litre dish combine ricotta, tomato paste, basil, milk, parmesan cheese. Spoon half the mushroom mixture on the base of a square casserole dish. Top with three lasagne sheets and spread with cheese mixture and top with three lasagne sheets continue with remaining mixture finishing with the cheese mixture on top. Sprinkle with grated cheese and extra parmesan. Cook on P7 for 15 to 20 minutes.

Creamy Sun-Dried Tomato Penne (S) A

Serves: 4

Ingredients:

250 g	penne
6 cups	boiling water
½ cup	sun-dried tomatoes in oil, drained
1 cup	basil leaves
¼ cup	toasted pinenuts
⅓ cup	grated parmesan cheese
300 ml	cream
½ cup	sliced ham
¼ cup	grated parmesan cheese, extra

Method:

Place pasta and water in a 4-litre casserole dish. Cook on P10 for 14 to 16 minutes, or cook by **Sensor Cook** or **Auto Cook**.

While pasta is cooking, prepare sauce. Place all ingredients except ham and extra parmesan cheese in a blender. prccess until smooth. Drain pasta and add sauce. Serve topped with ham and extra parmesan cheese.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.

Press **Dried Pasta**, then ***Start***.

To cook by Auto Cook:

Prepare as above.

Press **Auto Cook. Dried Pasta** select 250 g weight then ***Start***.

Pesto and Fettucine

Pesto and Fettucine (S) A

Serves: 6 to 8

Ingredients:

6 cups	boiling water
250 g	fettucine
2	cloves garlic, crushed
½ cup	chopped fresh basil leaves
1 tablespoon	pinenuts, finely chopped
½ cup	grated Parmesan cheese
1 cup	olive oil
	salt and black pepper

Method:

Place water in 3-litre casserole dish. Add fettucine. Cook on P10 for 14 to 16 minutes, or cook by **Sensor Cook** or **Auto Cook**.

Mix together garlic, basil, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained fettucine.

Tip: Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.

Press **Dried Pasta**, then ***Start***.

To cook by Auto Cook:

Prepare as above. Press **Auto Cook Dried Pasta** select 250 g weight then ***Start***.

Macaroni and Cheese

Serves: 4

Ingredients:

40 g	butter
2	onions, finely chopped
2 tablespoons	flour
2 cups	milk
1 cup	grated tasty cheese
6 cups	cooked macaroni, drained well
½ cup	extra grated tasty cheese
	paprika

Method:

Place butter and onions in a 2-litre casserole dish and cook on P10 for 2 to 4 minutes. Add flour, mix well and cook on P10 for 1 minutes.Blend in milk and cook on P10 for 4 to 5 minutes, stirring halfway through cooking. Add cheese to sauce. Place macaroni and sauce in 3-litre casserole dish. Mix well.

Top with extra cheese and sprinkle with paprika. Cook on P10 for 5 to 7 minutes.

Note: Macaroni can be cooked using Sensor Cook and Auto Cook function.

Chicken and Mushroom Tagliatelle (S) A

Serves: 6

Ingredients:

6 cups	boiling water
250 g	tagliatelle
30 g	butter
1	onion, chopped
1	clove garlic, crushed
2 tablespoons	flour
½ teaspoon	mustard
1 cup	milk
½ cup	cream
1½ cups	diced cooked chicken
½ cup	grated cheese
1½ cups	sliced mushrooms
2 tablespoons	Parmesan cheese
2 tablespoons	chopped parsley

Method:

Place water and pasta in 4-litre casserole dish. Stir and cook on P10 for 12 to 15 minutes, or cook by **Sensor Cook** or **Auto Cook**.

Allow pasta to stand, covered, while preparing sauce, then drain well. Place butter, onion and garlic in 3-litre dish and cook on P10 for 2 to 3 minutes. Add flour and mustard. Mix well. Cook on P10 for 1 to 1½ minutes. Add milk and cream. Stir. Cook on P6 for 4 to 5 minutes, stirring halfway through cooking. Add chicken, mushrooms, cheeses, parsley, and drained pasta. Mix well. Cook on P6 for a further 5 minutes. Serve.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dried Pasta**, then ***Start***.

To Cook by Auto Cook:

Prepare as above. Press **Auto Cook Dried Pasta** select 250 g weight then ***Start***.

Vegetable Tortellini (S)

Serves: 3 to 4

Ingredients:

700 g	fresh tortellini
8 cups	boiling water
Sauce:	
2 tablespoons	butter
2 tablespoons	flour
2 cups	milk
1 cup	grated tasty cheese
1	red capsicum, finely sliced
200 g	snow peas, finely sliced
1 teaspoon	dried marjoram
1 teaspoon	cracked black pepper
2 tablespoons	Parmesan cheese
2 tablespoons	chopped parsley

Method:

Place pasta and water in 4-litre casserole dish. Cover. Cook on P10 for 12 to14 minutes, or cook by **Sensor Cook**. While pasta is cooking, prepare all ingredients for sauce. When pasta is cooked, allow to stand covered. Drain well. Place butter and flour in 3-litre casserole dish and cook on P10 for 30 to 40 seconds. Slowly blend in milk. Cook for a further 3 to 4 minutes. Stir once during cooking. Add prepared vegetables, marjoram, pepper and cheese. Cook on P10 for 2 minutes. Drain pasta and mix through sauce. Serve topped with Parmesan cheese and chopped parsley.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Fresh Pasta**, then ***Start***.

Spaghetti with Chilli Tomato Sauce (S) A

Serves: 4

Ingredients:

250 g	spaghetti
4 cups	boiling water
1 tablespoon	olive oil
1	onion, finely chopped
2	cloves garlic, crushed
1 can (425 g)	crushed tomatoes
2 teaspoons	crushed chillies
2 tablespoons	freshly chopped basil
	cracked (ground) black pepper

Method:

Place spaghetti and water in 3-litre casserole dish. Cook on P10 for 12 to 14 minutes, or cook by **Sensor Cook** or **Auto Cook**.

Stand, covered, for 2 minutes. Drain. Place oil, onion and garlic in 4-cup jug. Cook on P10 for 1 to 2 minutes. Add tomatoes, chillies, basil and pepper. Stir until combined. Cover and cook on P7 for 10 to 15 minutes, stirring halfway through cooking. Serve with spaghetti.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dried Pasta**, then ***Start***.

To Cook by Auto Cook:

Prepare as above. Press **Auto Cook Dried Pasta** select 250 g weight then ***Start***.

Creamy Tuna Penne (S) A

Serves: 4

Ingredients:

250 g	Penne
4 cups	boiling water
1	medium onion, diced
2 cups	mixed sliced vegetables
1 can (240 g)	tuna, reserve liquid
2 tablespoons	Parmesan cheese
1 tablespoon	dried thyme
1 tablespoon	lemon juice
½ cup	sour cream
	cracked black pepper

Method:

Place Penne and water in large casserole dish. Cook on P10 for 10 to 14 minutes, or cook by **Sensor Cook** or **Auto Cook**.

Stand, covered, for 2 minutes. Drain. Place onion in 4-cup jug. Cook on P10 for 50 to 60 seconds. Add mixed vegetables. Cook on P10 for 2 to 3 minutes. Stir in tuna and reserved liquid, add remaining ingredients and stir until combined. Cook on P7 for 2 to 3 minutes. Place pasta in a serving bowl and pour over sauce to serve.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dried Pasta**, then ***Start***.

To Cook by Auto Cook:

Prepare as above. Press **Auto Cook Dried Pasta** select 250 g weight then ***Start***.

Cooking Dried Noodles by Microwave

Follow directions in chart for recommended dish size, amount of water and cooking time. Add 1 tablespoon of oil to water to prevent noodles from sticking together. Add noodles and cook for time recommended in chart. Cook noodles on P10. Test noodles for desired cooking before adding extra time. Slightly undercook noodles that will be cooked again in a stir-fry or recipe. Always drain noodles immediately after cooking or they may overcook on standing.

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK NOODLES on P10 UNCOVERED (in minutes)	INSTRUCTION
2 minute noodles (85 g)	1-litre	500 ml	2 to 3	drain immediately
Long Life Asian Noodles (250 g)	3-litre	1 litre	5 to 6	drain immediately
Rice Vermicelli (125 g)	2-litre	1 litre	3 to 4	drain immediately

Cooking Fresh Noodles (S) by Sensor Cook (150 g - 500 g)

- Suitable for cooking fresh noodles such as Hokkien, Singapore, Udon, Soba, Rice noodles.
- Place noodles and water as recommended in chart below in a suitable size dish.
- Cover securely with plastic wrap.
- The oven will beep throughout the cooking time and instruct you to stir/remove cover. There is no need to re-cover noodles.
- At the end of cooking time, drain and use as required.

Noodles	Tap Water	Dish Size
150g	¼ cup	1-litre
250g	¼ cup	1.5-litre
350g	½ cup	2-litre
500g	½ cup	2.5-litre

To Operate: Press ***8 Noodles*** then press ***Start***.

Cooking Fresh Noodles by Auto Cook A

- Suitable for cooking fresh noodles such as Hokkin, Singapore, Udon, Soba, Rice noodles.
- Place noodles and water such as recommended in chart below in a suitable size dish.
- Cover with plastic wrap.
- The oven will beep halfway through the cooking time and instruct you to "stir".
- At the end of cooking time, drain and use as required.

Noodles	Tap Water	Dish Size
150g	¼ cup	1-litre
250g	¼ cup	1.5-litre
350g	½ cup	2-litre
500g	½ cup	2.5-litre

To Operate: Press **Auto Cook** to setting number 9. Press to select weight ***Serving/Weight*** of noodles, then press ***Start***.

Honey Soy Chicken and Noodles (S) A

Serves: 4

Ingredients:

500 g	chicken fillets, sliced
¼ cup	soy sauce
2 tablespoons	honey
2 teaspoons	minced garlic
2 cups	finely sliced vegetables
400 g	udon noodles
½ cup	water

Method:

Combine chicken, soy, honey and garlic in a 2-litre bowl for 30 minutes. Cook chicken on P7 for 4 to 5 minute, stirring once during cooking. Add vegetables and cook on P10 for 2 to 3 minute. Place noodles and water in a bowl cover with plastic wrap cook on P7 for 1 to 2 minutes. Drain. Toss noodles in with chicken mixture and serve.

To cook Noodles by Sensor Cook:

Place noodles and water in a bowl, cover with plastic wrap. Press **Noodles**, then ***Start***. Drain.

To cook Noodles by Auto Cook:

Prepare as above. Cover with plastic wrap. Press ***9 Noodles*** 350 g, then ***Start***. Drain.

Teriyaki Tofu Vegetable Noodles

Serves: 4

Ingredients:

1 tablespoon	sesame oil
350 g	firm tofu, diced
1	onion, cut into petals
300 g	stir fry vegetables
1 tablespoon	hoisin sauce
1 tablespoon	teriyaki sauce
1 pkt	2 minute noodles
2 cups	boiling water

Method:

Place oil, tofu and onion in a 3-litre dish and cook on P10 for 2 to 3 minutes. Add vegetables and sauces and cook on P10 for 3 to 4 minutes, stirring once during cooking. Place noodles and water in a 2-litre bowl and cook on P10 for 2 minutes. Stir and drain. Toss noodles through tofu and vegetables and serve.

Szechuan Salad Noodles (S) A

Ingredients:

350 g	fresh Hokkien Noodles
250 g	cooked chicken, shredded
½ cup	roasted cashew nuts

Dressing:

4	spring onions, finely sliced
2 tablespoons	chopped coriander
2	cloves garlic, minced
2 tablespoons	smooth peanut butter
2 tablespoons	sweet chilli sauce
1 tablespoon	soy sauce
1 tablespoon	sweet sherry
2 teaspoons	sesame oil
2 tablespoons	olive oil
2 tablespoons	chicken stock
10	toasted szechuan peppercorns, ground

Method:

Place noodles in a bowl with ½ cup water. Cook on P7 for 1 to 2 minutes. Drain and rinse under cold water. Drain well. Combine all dressing ingredients and whisk well. Combine noodles, chicken and cashew nuts and pour over dressing. Toss well to combine. Serve immediately.

To cook Noodles by Sensor Cook:

Place noodles and water in a bowl, cover with plastic wrap. Press **Noodles**, then ***Start***. Drain.

To cook Noodles by Auto Cook:

Prepare as above. Cover with plastic wrap. Press ***9 Noodles*** 350 g, then ***Start***. Drain.

Satay Beef with Noodles (S) A

Serves: 4

Ingredients:

500 g	rump steak, sliced
1	onion, sliced
1 teaspoon	crushed garlic
½ cup	crunchy peanut butter
¼ cup	sweet chilli sauce
⅔ cup	coconut milk
2 tablespoons	lemon juice
1 teaspoon	sugar
2	spring onions, sliced
500 g	fresh Singapore noodles
½ cup	water

Method:

Place steak, onion and garlic in a 3-litre casserole dish cook on P10 for 2 to 2½ minutes. Add remaining ingredients except spring onions and noodles and stir until combined. Cook on P10 for 6 to 8 minutes. Stirring halfway through cooking. Place noodles with water in a 2.5-litre dish cover and cook on P7 for 2 to 3 minutes. Drain and rinse under cold water. Drain well. Toss beef mixture through noodles and top with Spring onions.

To cook Noodles by Sensor Cook:

Place noodles and water in a bowl, cover with plastic wrap. Press **Noodles**, then ***Start***. Drain.

To cook Noodles by Auto Cook:

Prepare as above. Cover with plastic wrap. Press ***9 Noodles*** 350 g, then ***Start***. Drain.

Cakes, Desserts and slices can successfully be cooked in the microwave oven if a few simple rules are followed see individual recipes for instructions.

Cakes:

- The texture of cakes cooked in the microwave oven is not the same as cakes cooked in a conventional oven, but it is a convenient way of cooking cakes.
- Do not use metal cake tins, plastic dishes and pyrex, give the best results when cooking cakes. There is no need to grease the dish but you may like to line the dish with paper towel to absorb excess moisture.
- Round or oval shaped dishes produce the most even cooking results. Square cakes may need the corners shielded with foil to prevent overcooking.
- Choose light coloured cakes that can be iced or substitute brown sugar for white sugar and sprinkle the top of cake with spices to give a darker appearance.
- Do not fill cake pans more than half full. Microwaved cakes rise substantially more than conventionally cooked cakes.
- Cakes need to be well mixed but do not over beat. Creaming with an electric mixer or food processor is not necessary. Use a fork to mix as the microwave aerates the mixture as it cooks.
- Do not cover cakes as the top will steam.
- Cakes should be removed from the oven just before they look cooked as the cooking process will finish during standing time.
- Chocolate cakes cook slightly faster than plain cakes.
- Cakes containing a large amount of whisked egg white will not cook successfully in the microwave oven.

Desserts:

- For Sensor Cook models you can cook many desserts automatically. See recipes marked S on the following pages and follow these general instructions:
- Suitable for desserts with a total weight between 375 g - 1.5 kg.
- Place prepared desserts in a suitable size dish (approx.¾ full).
- Do not use plastic dishes as incorrect cooking times may result.
- Cover securely with plastic wrap or a well fitted lid.
- Anytime during the cooking time, the oven will 'beep' and instruct you to 'REMOVE COVER'.
- Allow cooked desserts to stand for 10 minutes at the completion of cooking.

HINT:

TO SOFTEN DRIED FRUIT:
Place 1 cup dried fruit into small bowl. Add 2 tablespoons of water. Cover with plastic wrap and cook on P10 for 2 to 3 minutes.

TO TOAST COCONUT:
Place ½ cup of coconut on pyrex pie plate. Cook on P10 for 1 to 2 minutes, stirring occasionally.

TO SOFTEN CREAM CHEESE: remove from wrapping. Cook on P3 checking every 30 seconds for softness.

JUICING CITRUS: to get more juice from citrus fruit, heat on P10 for 20 to 30 seconds. Stand then juice.

Cooking Fruit by Micro Power

FRUIT - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on turntable.				
Apples - poached	500 g	P10	8	Add 300 ml of water. Only half fill dish. Cover.
Apples - stewed	500 g	P10	6	Only half fill dish. Cover.
Peaches - poached	500 g	P10	4 - 5	Add 300 ml of water. Only half fill dish. Cover.
Pears - poached	500 g	P10	6 - 7	Add 300 ml of water. Only half fill dish. Cover.
Plums - poached	500 g	P10	8	Add 300 ml of water. Only half fill dish. Cover.
Plums - stewed	500 g	P10	6 - 10	Add 30 ml of water. Only half fill dish. Cover.
Rhubarb - stewed	500 g	P10	5	Only half fill dish. Cover.

Butterscotch Pudding (S)

Serves: 4 to 6

Ingredients:

1 can (400 g)	sweetened condensed milk
30 g	butter
1 teaspoon	vanilla essence
½ cup	milk
¾ cup	self raising flour, sifted
1 cup	brown sugar
½ cup	hot tap water

Method:

Place condensed milk in 3-litre casserole dish. Cook on P5 for 5 to 6 minutes, stirring twice during cooking. Stir in butter, vanilla essence and milk. Stir until butter is melted. Cool slightly. Add milk mixture to sifted flour. Mix well. Pour mixture into 2-litre casserole dish. Sprinkle top with brown sugar and gently pour hot tap water over mixture. Cook on P10 for 5 to 7 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dessert**, then ***Start***.

Chocolate Self Saucing Pudding (S)

Serves: 4

Ingredients:

1 cup	self raising flour
1 tablespoon	cocoa powder
⅓ cup	caster sugar
½ cup	milk
1 teaspoon	vanilla essence
100 g	chocolate
30 g	butter
¾ cup	brown sugar
2 tablespoons	cocoa, extra
¾ cup	water

Method:

Sift flour and cocoa into 2-litre bowl. Add sugar, milk and vanilla essence. Mix well. Place chocolate and butter in 2-cup pyrex jug and cook on P7 for 1 to 2 minutes. Stir and add to mixture. Mix well. Spread mixture into base of 2-litre casserole dish. Combine brown sugar, cocoa and water in 2-cup jug. Pour evenly over pudding. Cook on P10 for 4 to 6 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dessert**, then ***Start***.

Steamed Jam Pudding (S)

Serves: 4

Ingredients:

2 tablespoons	jam
100 g	butter
⅔ cup	caster sugar
2	eggs
¾ cup	self raising flour
¼ cup	milk

Method:

Spoon jam into bottom of 2-litre pyrex dish. Cream butter and sugar in separate bowl until light and fluffy. Add eggs (one at a time), beating well after each addition. Fold in flour alternately with milk. Mix until well combined. Pour mixture over jam. Smooth top and cook on P10 for 6 to 7 minutes. Let stand, covered, for 5 minutes before serving.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dessert**, then ***Start***.

Bread and Butter Pudding

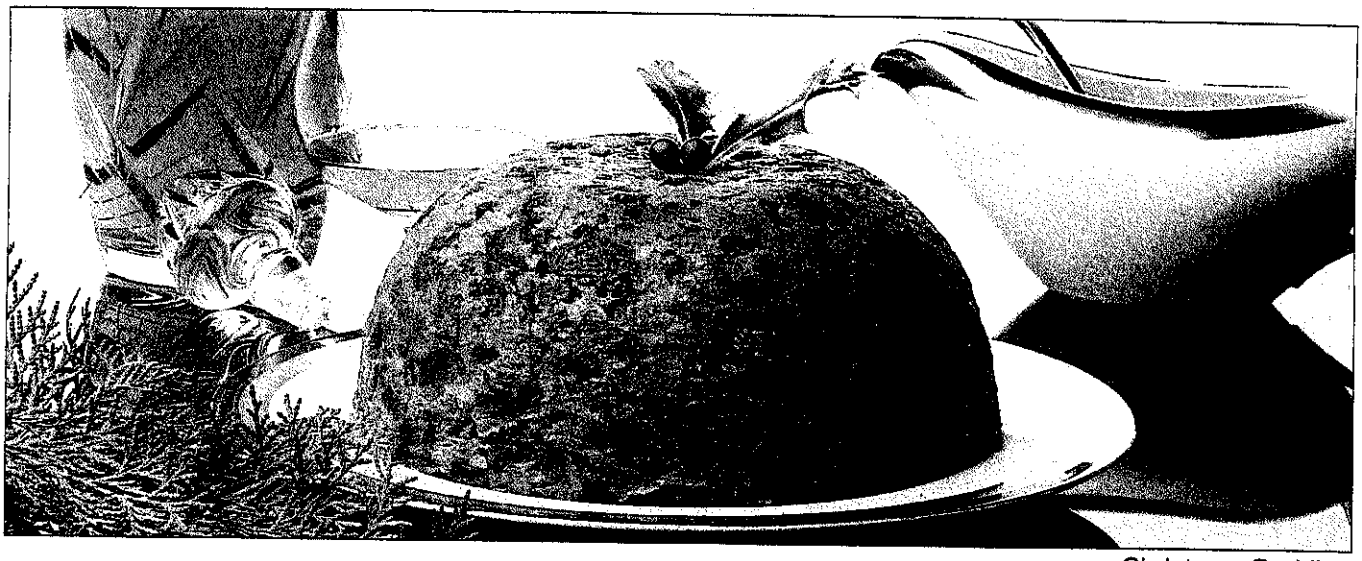
Serves: 4 to 6

Ingredients:

⅓ cup	sultanas
¼ cup	rum
70 g	butter, softened
10	slices fruit loaf
4	eggs
1⅓ cups	milk
300 ml	cream
⅓ cup	brown sugar

Method:

Grease a 4 cup microwave oven safe dish. Combine sultanas and rum in a small bowl. Heat on P10 for 1 minute. Set aside. Butter both sides of all bread slices. Remove the crusts and cut into triangles. Beat together eggs, milk and cream, add liquid from drained sultanas. Layer one third of the bread evenly over the base of the 4 cup dish. Sprinkle with half the sultanas and one third of the brown sugar. Repeat with another layer of bread, sultanas and brown sugar and top with the remaining bread. Pour about two thirds of the egg mixture over the bread and allow to stand for 20 minutes until the liquid is absorbed. Pour over the remaining egg mixture and sprinkle with brown sugar. Elevate on a microwave safe rack and cook on P3 for 20 to 25 minutes. Allow to stand for 10 minutes before serving with cream or ice cream.



Christmas Pudding

Christmas Pudding

Serves: 10 to 12

Ingredients:

250 g	sultanas
250 g	raisins, chopped
125 g	currants
125 g	dates, chopped
100 g	mixed glacé fruit, chopped
100 g	glacé cherries
60 g	mixed peel
½ cup	brandy

Cake Batter:

250 g	butter
250 g	brown sugar
4	eggs
1 cup	flour, sifted
½ teaspoon	ground ginger
½ teaspoon	nutmeg
½ teaspoon	cinnamon
½ teaspoon	allspice
1 tablespoon	golden syrup
1 tablespoon	almond essence
1½ cups	fresh breadcrumbs
1 cup	canned apples

Method:

Place all fruit in large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in large mixing bowl until light and fluffy. Add eggs (one at a time), beating gently after each addition. Add sifted flour, spices, golden syrup, almond essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease a 2.5-litre pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into bowl and smooth over top. Cook on P3 for 40 minutes. Shield edges with strips of foil secured with string, and continue to cook on P3 for 30 minutes. Let stand, loosely covered, for 10 minutes before serving.

MINCE PIES • CAUTION

REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

Boiled Fruit Cake

Serves: 6 to 8

Ingredients:

1 can (435 g)	crushed pineapple and juice
500 g	mixed dried fruit
1 tablespoon	sherry
1 cup	brown sugar
125 g	butter
1 cup	plain flour
1 cup	self-raising flour
1 teaspoon	mixed spice
1 teaspoon	baking soda
2	eggs, lightly beaten
¼ cup	extra sherry or brandy

Method:

Combine pineapple, fruit, sherry, sugar and butter in 2-litre casserole dish. Cook on P10 for 4 to 6 minutes. Stand until cool. Fold in flours, spice, baking soda and beaten eggs. Place batter in a base lined 20 cm souffle dish. Cook on P6 for 16 to 18 minutes. Turn out and sprinkle with extra sherry or brandy. Cover loosely with plastic wrap and allow to cool.

Stirred Custard

Makes: Approximately 400 ml

Ingredients:

3 tablespoons	sugar
2 tablespoons	custard powder
1½ cups	milk
2	egg yolks, lightly beaten
1 teaspoon	vanilla essence

Method:

Combine sugar and custard powder in 4-cup jug. Gradually stir in milk until smooth. Cook on P6 for 4 to 5 minutes, stirring halfway through cooking. Add egg yolks and mix well. Cook on P6 for further 30 to 60 seconds. Add vanilla, stir well and serve.

Apricot and Raspberry Crisp (S)

Serves: 4 to 6

Ingredients:

1 can (850 g)	apricots, drained
300 g	frozen raspberries
1 cup	plain flour
½ cup	brown sugar
1 teaspoon	cinnamon
1 cup	pecans, chopped
1 cup	shredded coconut
2 cups	toasted muesli
125 g	butter

Method:

Place apricots and raspberries in the base of 2-litre casserole dish. Place remaining ingredients (except butter) in a mixing bowl. Melt butter in 2-cup jug on P10 for 40 to 50 seconds. Combine melted butter with dry ingredients and mix well. Crumble mixture over top of fruit. Cook on P10 for 10 to 12 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dessert**, then ***Start***.

Pears with Caramel Sauce

Serves: 6 to 8

Ingredients:

Filling:

½ cup	dried apricots
¼ cup	currants
¼ cup	slivered almonds
1 tablespoon	brown sugar
2 tablespoons	peanut butter

Sauce:

2 tablespoons	butter
⅓ cup	brown sugar
125 ml	cream
1 teaspoon	cornflour
1 tablespoon	water
4	pears
	juice of ½ lemon

Method:

Place all filling ingredients into small bowl and mix well. Place butter and brown sugar into large jug and cook on P7 for 2 minutes. Beat in cream. Combine cornflour and water. Stir into sauce. Cook on P7 for 3 minutes, stir halfway through. Peel and cut pears in half, remove cores and brush with lemon juice. Place pears into large flat dish. Divide filling mixture evenly and spread over pears. Pour sauce over and cook on P7 for 3 to 5 minutes.

HINT:

TO MELT CHOCOLATE:
Place 100 g broken chocolate in 4-cup glass jug and heat on P5 for 1 to 2 minutes. As chocolate holds its shape after heating, stir and stand before adding extra cooking time.

Apple Crumble (S)

Serves: 4

Ingredients:

1 can (780 g)	pie apples
½ cup	rolled oats
¼ cup	plain flour
½ cup	desiccated coconut
½ cup	brown sugar
1 teaspoon	cinnamon
60 g	butter

Method:

Place apples in the base of 1-litre casserole dish. Place remaining ingredients (except butter) in mixing bowl. Melt butter in 2-cup jug on P6 for 40 to 60 seconds. Combine melted butter with dry ingredients and mix well. Spread evenly over apples. Cook on P10 for 5 to 8 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dessert**, then ***Start***.

Peach Crumble (S)

Serves: 6 to 8

Recipe Prompting

Ingredients:

125 g	butter
1 cup	flour
½ cup	caster sugar
2 cups	toasted muesli
1 cup	shredded coconut
1 teaspoon	cinnamon
1 can (810 g)	peach slices, drained

Method:

Place butter in 2-litre jug. Cook on P7 for 1 minute. Add flour, sugar, muesli, coconut and cinnamon, stir until combined. Place peaches into 1-litre casserole dish. Place crumble mixture on top of peaches and cook on P10 for 10 to 12 minutes. Serve with cream or ice cream.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dessert**, then ***Start***.

Apricot Cobbler (S)

Serves: 4 to 6

Ingredients:

1 can (810 g)	apricot halves
1	packet butter cake mix
½ cup	toasted coconut
70 g	butter, melted

Method:

Arrange apricot halves on the base of 20 cm casserole dish. Combine cake mix, toasted coconut and butter. Sprinkle cake mixture over peaches. Cook on P10 for 6 to 8 minutes.

To cook by Sensor Cook:

Prepare as above. Cover with plastic wrap.
Press **Dessert**, then ***Start***.

Tiramisu

Serves 4 to 6

Ingredients:

1 tablespoon	ground coffee beans
2 tablespoons	rum
500 g	pkt sponge finger biscuits
3	eggs, separated
2 tablespoons	sugar
100 g	dark chocolate
500 g	marscapone cheese
2 tablespoons	cocoa

Method:

Prepare 2 cups of slightly sweetened espresso coffee using ground coffee beans. place coffee and rum into a wide bowl and quickly dip sponge biscuits into the mixture, making sure they are wet but not dripping. Set aside. Melt chocolate on P5 for 1 to 2 minutes. Allow to cool slightly. Beat together egg yolks and sugar and add the marscapone cheese, stir until smooth.Beat the egg whites until they hold stiff peaks and fold into the cheese mixture. Swirl chocolate through the cheese mixture. Arrange ⅓ of the sponge biscuits into the base of a dish top with ½ the cheese mixture, repeat layers ending with biscuits.Cover and refrigerate for at least 5 hours. Dust liberally with cocoa before slicing to serve.

Chocolate Mousse

Serves: 4

Ingredients:

125 g	dark chocolate
1 tablespoon	brandy
2	eggs, separated
300 ml	cream, whipped

Method:

Break chocolate into small pieces. Place in a microwave safe bowl and cook on P7 for 1 to 1½ minutes. Add brandy and egg yolks. Beat until smooth. Fold cream into chocolate mixture. Beat egg whites until stiff peaks form. Gently fold into chocolate mixture and spoon into one large or 4 individual serving dishes. Refrigerate until set.

Baked Custard

Serves: 4 to 5

Ingredients:

425 ml	milk
3	eggs, lightly beaten
¼ cup	sugar
1 teaspoon	vanilla essence
	pinch ground nutmeg

Method:

Place milk in 4-cup glass jug. Cook on P10 for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg. Cook on P4 for 15 to 17 minutes. Allow to stand, covered, for 5 minutes before serving.

Baked Apples

Serves: 4

Ingredients:

4	large cooking apples
3 tablespoons	butter
4 tablespoons	brown sugar
100 g	chopped raisins
2 tablespoons	chopped pecans
4 tablespoons	golden syrup

Method:

Core and score the skin around the middle of apple. Cream butter and sugar until soft. Add raisins and pecans. Fill the centre of apples with stuffing. Place into shallow casserole dish. Pour one tablespoon of golden syrup over each apple. Cook on P10 for 7 to 9 minutes or until soft. Let stand, 2 to 3 minutes, before serving.

Chocolate Pâté

Makes 24 x 8 cm loaf tin

Ingredients:

300 g	dark chocolate
1 can (400 g)	condensed milk
1cup	brazil nuts
½ cup	hazel nuts
⅓ cup	glace cherries
½ cup	sultanas

Method:

Break chocolate into pieces and place with condensed milk in a 2-litre dish. Cook on P7 for 3 to 5 minutes, stirring twice during cooking. Fold through nuts and fruits. Line a 24 x 8 cm loaf tin with foil and pour in the mixture. Chill for several hours or until set. Turn out and serve thinly sliced.

Cinnamon Poached Pears

Serves: 4

Recipe Prompting

Ingredients:

½ cup	water
¼ cup	caster sugar
½ teaspoon	cinnamon
4	pears, peeled and sliced

Method:

Combine water, caster sugar and cinnamon in 1-litre jug. Cook on P10 for 2 minutes. Place the pears in 2-litre dish. Pour over syrup and cover. Cook on P10 for 6 to 8 minutes.

Quick Mix Chocolate Cake

Serves: 4 to 6

Ingredients:

1 cup	self-raising flour
1 cup	caster sugar
2 tablespoons	cocoa
3 tablespoons	butter, softened
2	eggs
⅓ cup	milk

Method:

Sift all dry ingredients into a bowl. Add butter, eggs and milk. Beat with wire whisk for 1 to 2 minutes. Grease 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on P7 for 5 to 7 minutes. Stand, covered, for 5 minutes before turning out. Cool on wire rack.

Tip: To soften butter cook on P5 for 10 to 20 seconds.

Sultana Cake

Serves: 4 to 6

Ingredients:

100 g	butter
1 cup	sultanas
1 cup	brown sugar
1 cup	milk
1	egg, beaten
2 cups	self-raising flour

Method:

Place butter, sultanas, brown sugar and milk in heat resistant mixing bowl. Cook on P10 for 3 to 4 minutes. Stir halfway through cooking. Allow to cool. Add egg and flour. Pour batter into base of lined 20 cm round dish. Cook on P6 for 9 to 11 minutes. Let cool, loosely covered, with plastic wrap on wire rack.

Banana Loaf

Serves: 4 to 6

Ingredients:

90 g	butter
¾ cup	brown sugar
1	egg
2	ripe bananas, mashed well
¾ cup	grated carrot
1½ cups	self-raising flour
⅓ cup	milk

Method:

Cream butter and sugar until light and fluffy. Add egg and beat well. Add banana and carrot. Add sifted flour and milk to mixture alternately. Mix until well combined. Grease and line with grease proof paper, 20 cm x 10 cm loaf dish. Pour batter into dish and cook on P6 for 15 to 18 minutes. Stand, covered, with plastic wrap on wire rack to cool.

Tip: To prevent corners from overcooking, cover ends carefully with foil.

Mocha Carrot Cake

Serves: 4 to 6

Ingredients:

1 cup	self-raising flour
½ teaspoon	bicarbonate of soda
½ cup	caster sugar
½ cup	crushed pineapple
1 cup	grated carrot
¾ cup	chopped pecan nuts
60 g	chocolate
2	eggs
⅓ cup	oil

Icing

60 g	cream cheese
20 g	butter
1½ cups	icing sugar
1 tablespoon	lemon juice
¼ cup	chopped pecan nuts

Method:

Place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts in bowl. Place chocolate into a small bowl and cook on P5 for 40 to 60 seconds. Stir halfway through. Add melted chocolate, eggs and oil to flour mixture. Mix until well combined. Grease a microwave safe ring dish. Pour cake mixture into dish and cook on P7 for 6 to 8 minutes. Let stand, covered, for 5 minutes before turning out to cool. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake and sprinkle with pecan nuts.

Packet Cake

Ingredients:

1 packet cake mix (340 g)
Ingredients as recommended by manufacturer.

Method:

Mix cake and other ingredients with a metal spoon. DO NOT OVERBEAT. Pour into 20 cm round dish that has been lightly greased and lined with paper. Cook on P8 for 4 to 6 minutes. Stand and allow to cool before removing.

Variations:

- 1 tablespoon jam added to batter before cooking.
- Add 1 cup sour cream to batter and halve water suggested by manufacturer.
- Half a cup chopped nuts, ¼ cup brown sugar and 1 teaspoon cinnamon. Mix and place on base of cake dish before cooking cake.
- Two tablespoons honey and 30 g butter melted in glass jug on P10 30 to 60 seconds. Pour over just baked buttercake. Sprinkle with cinnamon. Serve warm with cream or custard as dessert or serve cold with cream as tea cake.
- A quarter cup of toasted muesli mixed with 1 tablespoon marmalade and placed in the base of the dish.

Tip: Packet cakes are best mixed by hand as the microwave will do the aerating.

Chocolate Brownies

Serves: 1 x 20 cm square slice pan

Recipe Prompting

Ingredients:

125 g	butter
200 g	chocolate
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
1 cup	plain flour

Method:

Grease and line 20 cm square pyrex dish. set aside. Melt butter and chocolate in 2-litre dish on P7 for 1½ minute. Stir in sugar, vanilla essence, eggs and flour. Spread into prepared dish. Cook on P7 for 5 to 6 minutes. Refrigerate until cold. Cut into squares.

Chocolate Peanut Butter Squares

Makes: one 30 x 20 cm Dish

Ingredients:

60 g	butter
½ cup	brown sugar
1½ cups	icing sugar
1 cup	peanut butter
1 cup	crushed nuts

Topping:

200 g	dark chocolate
20 g	butter

Method:

Grease and foil line a 30 x 20 cm pan. Set aside. Place butter in a 2 litre dish. Soften on P5 for 10 to 20 seconds. Add brown sugar, icing sugar, peanut butter and crushed nuts. Mix until combined. Press into the base of the prepared pan.

To prepare topping:

Place chocolate and butter into a small dish. Cook on P7 for 1 to 2 minutes. Stir halfway through cooking. Spread over top of prepared base. Refrigerate until cold and cut into squares.

Chocolate Fudge

Makes: 1 x 20 cm square slice

Recipe Prompting

Ingredients:

300 g	chocolate pieces
1 can (400 g)	condensed milk
1 cup	chopped peanuts

Method:

Grease 20 cm square dish. Set aside. Place chocolate and condensed milk in 1-litre jug. Cook on P7 for 2 minutes. Stir. Cook on P7 for 2 minutes. Add nuts and place in prepared dish. Refrigerate and cut into squares when cold.

Rocky Road

Makes: 1 x 20 cm square slice

Ingredients:

250 g	dark or milk chocolate
40 g	butter
250 g	packet marshmallows, halved
1 cup	unsalted peanuts
1½ cups	flaked coconut
60 g	glacé cherries, halved

Method:

Melt chocolate and butter in large bowl on P6 for 2 to 3 minutes. Add remaining ingredients and mix well. Pour into greased 20 cm square pan. Refrigerate until set. Cut or break into pieces to serve.

Date and Walnut Fudge

Makes: 25 slices

Ingredients:

250 g	sweet biscuits, crushed
50 g	walnuts, chopped
100 g	dates, chopped
2 teaspoons	cocoa
2 teaspoons	coffee powder
200 g	dark chocolate, broken into pieces
1 can (400 g)	condensed milk
1 teaspoon	vanilla essence

Method:

Grease and line 20 cm square dish. Mix biscuit crumbs, walnuts and dates in bowl. Place remaining ingredients in separate bowl and cook on P7 for 2 to 3 minutes. Stir well. Pour melted mixture into dry ingredients and mix well. Press mixture into prepared dish. Smooth top and chill until set. Cut into squares.

Orange Truffles

Ingredients:

200 g	dark chocolate bits
30 g	butter
¼ cup	evaporated milk
⅓ cup	icing sugar, sifted
¼ cup	chopped nuts
1 tablespoon	orange liqueur
½ cup	drinking chocolate powder

Method:

Place chocolate bits and butter in a 1-litre dish. Cook on P7 for 1 to 2 minutes, stirring halfway through cooking. Add evaporated milk, stir until combined. Stir in icing sugar, nuts and orange liqueur. Refrigerate covered for 1 hour. Roll tablespoons mixture into small balls. Toss in drinking chocolate powder. Refrigerate until serving.

Basic White Sauce

Makes: 1 cup

Ingredients:

2 tablespoons	butter
2 tablespoons	flour
	salt and white pepper
1¼ cups	milk

Method:
Place butter in a 4-cup jug. Cook on P10 for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth.Cook on P10 for 2 minutes, stirring every minute.

Tip: For cheese sauce, stir in ½ cup grated cheese once sauce has thickened.

Gravy

Makes: 2 cups

Ingredients:

2 tablespoons	dripping or pan juice
1	small onion, finely chopped
2 tablespoons	flour
1 tablespoon	tomato paste
1½ cups	beef stock
	salt and pepper

Method:
Place dripping or pan juices and onion in 2-cup jug. Cook on P10 for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well. Cook on P10 for 2 minutes. Add remaining stock. Stir well and cook on P10 for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

Cheese Sauce

Makes: 1½ cups

Recipe Prompting

Ingredients:

40 g	butter
2 tablespoons	flour
1½ cup	milk
½ cup	grated cheese

Method:
Melt butter in 1-litre jug on P10 for 30 seconds. Add flour and mix well. Gradually stir in milk. Cook on P10 for 2 to 3 minutes. Stirring through halfway cooking. Add cheese and cook on P10 for a further 1 to 1½minute. Stir and serve with vegetables of your choice.

Mint Sauce

Makes: Approximately ¼ cup

Ingredients:

¼ cup	water
1 tablespoon	sugar
2 tablespoons	brown vinegar
2 tablespoons	mint, finely chopped

Method:
Combine all ingredients in 1-cup jug. Cook on P10 for 30 to 60 seconds. Stir well and serve with Roast Lamb.

Hollandaise Sauce

Makes: ¾ cup

Ingredients:

60 g	butter
2 tablespoons	lemon juice
2	egg yolks
¼ cup	cream
½ teaspoon	mustard
¼ teaspoon	salt

Method:
Place butter in 2-cup jug. Cook on P10 for 40 seconds. Add lemon juice, egg yolks and cream. Mix well. Cook on P6 for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

Creamy Bacon Sauce

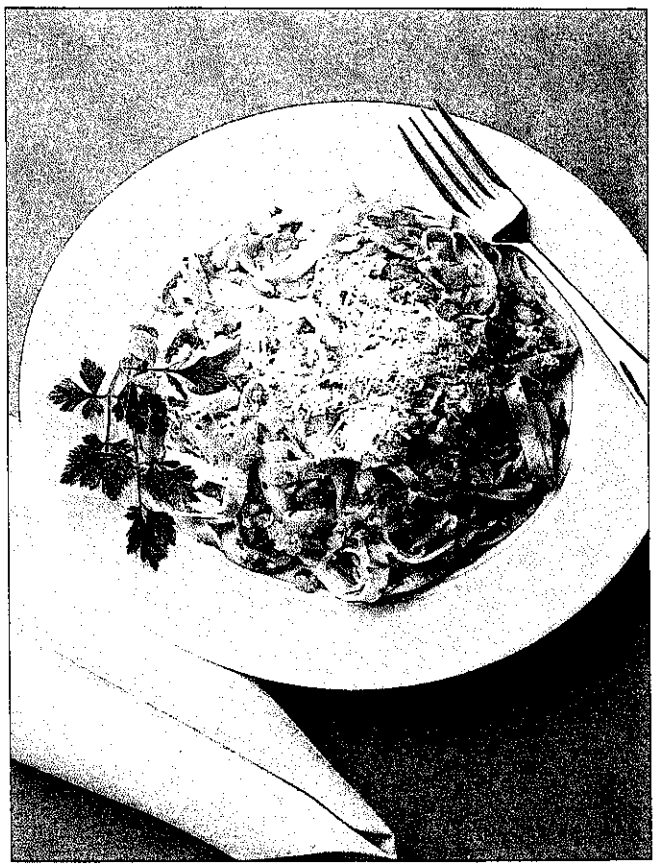
Makes: Approximately 300 ml

Recipe Prompting

Ingredients:

1	onion, chopped
3	bacon rashers, chopped
1 teaspoon	minced garlic
300 ml	cream
¼ cup	Parmesan cheese
	pepper
2 tablespoons	chopped fresh parsley

Method:
Place onion, bacon and garlic in 2-litre casserole dish. Cook on P10 for 4 to 5 minutes. Add cream, Parmesan cheese, pepper, parsley and stock. Mix well. Cook on P10 for 3 to 4 minutes. Serve with cooked Fettuccine.



Cream Bacon Sauce with Fettuccine

Lemon Sauce

Makes: 250 ml

Ingredients:

1 tablespoon	butter
½ cup	sugar
1 cup	water
2 tablespoons	cornflour
½ teaspoon	grated lemon rind
2 tablespoons	lemon juice

Method:

In 4-cup glass jug, heat butter on P10 for 20 to 30 seconds. Stir in sugar, water, cornflour, lemon rind and juice. Mix well. Heat on P10 for 3 to 4 minutes, stirring after cooking. Serve hot with chicken pieces or pork.

Brandy Sauce

Makes: 1½ cups

Ingredients:

2 tablespoons	butter
2 tablespoons	cornflour
3 tablespoons	sugar
2 tablespoons	golden syrup
1 cup	milk
¼ cup	brandy

Method:

In a 1-litre pyrex jug melt butter on P10 for 20 to 30 seconds. Blend in cornflour, sugar and golden syrup and cook on P10 for 50 to 60 seconds. Add milk gradually and cook on P6 3 to 3½ minutes. Stirring halfway through cooking. Stir in brandy. Serve hot with fruit or Chiristmas pudding.

Mars Bar Sauce

Ingredients:

2	Mars Bars, quratered
60 ml	milk

Method:

Place Mars Bars and milk in a 1-litre jug and cook on P10 for 2-3 minutes or until melted, stirring twice. Serve hot over ice-cream.

HINT:
TO REHEAT POURING CUSTARD:
Place 600 ml in a 1-litre jug and cook on P10 for 2 to 3 minutes stirring once.

Caramel Sauce

Makes: 2 cups

Ingredients:

1 can (440 g)	condensed milk
¼ cup	brown sugar
2 tablespoons	golden syrup
300 ml	cream

Method:

Combine condensed milk, brown sugar and golden syrup in 2-litre jug. Mix well. Cook on P10 for 4 to 5 minutes, stirring halfway through cooking. Add cream and stir until combined. Serve over ice cream.

Rich Chocolate Sauce

Makes: 1¼ cups

Recipe Prompting

Ingredients:

200 g	chocolate pieces
300 ml	cream

Method:

Combine chocolate and cream in 1-litre jug. Cook on P10 for 2 minutes. Mix well. Serve over ice cream.

Sweet Berry Sauce

Makes: Approximately 2 cups

Recipe Prompting

Ingredients:

½ cup	caster sugar
½ cup	water
500 g	berries
2 tablespoons	water
1 tablespoon	cornflour

Method:

Combine sugar and water in 3-litre bowl. Cook on P10 for 2 to 3 minutes. Add berries. Cook on P10 for 3 to 4 minutes. Blend water and cornflour. Mix into berry sauce. Cook on P10 for 2 minutes. Serve hot or cold with ice cream.

HINT:
COOKING SAUCES:
When making some sauces in the microwave oven, less liquid may be needed as less evaporation occurs with a shorter cooking time.

HINT:
TO TOAST COCONUT:
Place ½ cup of coconut on a pyrex pie plate. Cook on P10 for 1 to 2 minutes, stirring occasionally.

Precautions

Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.

Jars and Bottles

Jars and bottles can be used to warm food to serving temperature. If the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.
Alternatively, a conventional meat thermometer may be used after the food is removed from the oven.

Sterilizing Jars

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on HIGH power until water boils (approx.3 mins, for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

Tomato Chutney

Makes: 3 cups (750 ml)

Ingredients:

250 g	onion, finely chopped
1.5 kg	ripe tomato, skins removed and chopped
1 teaspoon	salt
1 teaspoon	paprika
	pinch cayenne pepper
150 ml	malt vinegar
175 g	sugar

Method:

Place onions in 3-litre dish. Cover. Cook on P10 for 4 to 5 minutes. Add tomatoes. Cover. Cook on P10 for 5 to 6 minutes. Add salt, spices and vinegar. Stir well. Cook on P10 for 10 minutes, stirring halfway through. Add sugar, stir well and cook on P7 for 35 to 40 minutes. Stirring occasionally. Pour into sterilised jars and seal.

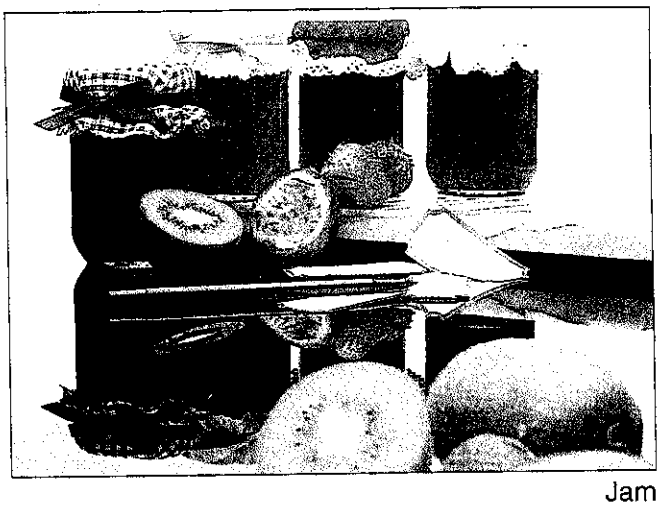
Cucumber Pickle

Ingredients:

2	cucumbers
2	onions, chopped
2 tablespoons	salt
250 ml	malt vinegar
⅔ cup	sugar
½ teaspoon	celery seeds
½ teaspoon	mustard seeds

Method:

Wash cucumbers and remove ends, dice (do not peel). Place diced cucumber in bowl. Add onion and sprinkle with salt. Stand overnight. Rinse and drain cucumbers and onions. Pack into sterilised jars. Place remaining ingredients in jug and cook on P10 for 2 minutes. Stir and cook on P10 for a further 5 minutes. Pour liquid over cucumber and seal. Keep for 4 weeks before opening.



Jam

Sweet Apricot Jam

Makes: Approximately 1 litre

Ingredients:

750 g	dried apricots, cut in quarters
1.5 litres	water
1.3 kg	sugar
1 pkt	Jamsetta

Method:

Place apricots and water in 4-litre casserole dish. Cover and allow to stand overnight. Add sugar. Re-cover. Cook on P10 for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on P10 for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

Lemon Butter

Makes: 1 cup (250 ml)

Ingredients:

½ cup	lemon juice
1 tablespoon	lemon rind
⅓ cup	sugar
3	egg yolks
1 tablespoon	butter
1 tablespoon	cornflour

Method:

Blend all ingredients in 4-cup glass jug. Cook on P6 for 4 to 5 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

Fruit Mince

Serves: 4

Ingredients:

250 g	mixed dried fruit
1 can (440 g)	crushed pineapple and juice
1	cooking apple peeled, cored and grated
1 cup	brown sugar
1 tablespoon	brandy
1 teaspoon	nutmeg
1 teaspoon	cinnamon
1 tablespoon	cornflour
¼ cup	water

Method:

Combine all ingredients (except cornflour and water) in 2-litre casserole dish. Cook on P7 for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on P10 for 4 to 6 minutes. Stir. Cool. Bottle and seal or use immediately.

Coffee

Serves: 1
Ingredients:

1 cup	water
1 to 2 teaspoons	instant coffee

Method:
Pour water into heatproof cup. Add coffee. Stir. Heat on P10 for 1 to 2 minutes. Add milk and sugar, if desired. Stir.

Tea

Serves: 1
Ingredients:

¾ cup	hot tap water
1	tea bag

Method:
Pour water into heatproof cup. Heat on P10 for 1 to 2 minutes. Stir then submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar, if desired. Stir.

Hot Cocoa

Makes: 1 cup
Ingredients:

2 teaspoons	cocoa powder
1 teaspoon	sugar
2 tablespoons	water
1 cup	milk

Method:
Combine cocoa, sugar and water in heatproof cup. Cook on P10 for 10 to 15 seconds. Stir in milk. Heat on P7 for 1 to 2 minutes. Stir before drinking

Hot Lemon and Honey Drink

Makes: 1
Ingredients:

	juice of ½ lemon
1 tablespoon	honey
1 cup	water

Method:
Mix all ingredients in 2-cup heatproof jug. Heat on P10 for 1 to 2 minutes. Stir well.

Peppermint Cooler

Serves: 4
Ingredients:

3	peppermint tea bags
4 cups	cold water
	juice of ½ lemon
	ice blocks
4 slices	lemon or lime
	mint leaves to garnish

Method:
Place tea bags and water in large jug. Cook on P10 for 8 to 10 minutes. Stand for 2 to 3 minutes, then discard tea bags. Cool. Add lemon juice. Refrigerate until well chilled. Serve in long glasses with ice blocks. Garnish with lemon or lime slices and mint leaves.

HINT:
COOKING SAUCES:
When making some sauces in the microeave oven, less liquid maybe needed as less evaporation occurs with a shorter cooking time.

Lemon Lime Cordial

Lemon Lime Cordial

Makes:approximately 1.5 litres of undiluted cordial
Ingredients:

10	large lemons
6	limes
4 cups	sugar
2 cups	water
2 teaspoons	citric acid

Method:
Squeeze juice from lemons and limes. Place in a 3 to 4-litre dish with the remaining ingredients. Cook on P10 for 8 to 10 minutes. Stir 2 to 3 times during this cooking time to dissolve sugar. Cook for a further 25 to 30minutes, or until the mixture has become a syrupy consistency. Set aside to cool. Pour into bottles and seal. Store in the refrigerator and serve with cold water, soda or mineral water and fresh mint leaves if desired.

Strawberry Liqueur

Makes: 750 ml
Ingredients:

500 g	sugar
500 g	washed and hulled strawberries
600 g	brandy or whisky

Method:
Place sugar and strawberries in 4-litre dish. Stir well. Cook on P10 for 15 minutes. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated for 2 to 3 months. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

Coffee Liqueur

Makes: 750 ml
Ingredients:

1½ cups	hot tap water
2 cups	sugar
⅓ cup	freeze dried coffee
3 teaspoons	vanilla essence
2 cups	vodka

Method:
Pour water into 4-litre casserole dish. Add remaining ingredients (except vodka) and stir well. Cook on P6 for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand 4 days before serving. Serve in liqueur glasses.